We are all living through a tough time. No one wants to get COVID-19, but it’s hard to stay at home all day, every day.

So how can you decide what’s risky and what’s safe enough? That’s a choice that each person has to make. Here are some basic things to keep in mind about the risk of infection. When you’re not at home:

- Wear a face cover.
- Wash or sanitize your hands often. Wash them well when you get home.
- Avoid touching your face.
- Stay at least 6 feet (2 m) away from others.
- Don’t touch your face.

Comparing the risk of activities

**Lowest risk:**
- Staying home
- Enjoying the outdoors

**Low risk:**
- Enjoying the outdoors
- Outdoor get-togethers
- Indoor group settings

**More risk:**
- Outdoor get-togethers
- Indoor group settings
- Outdoor settings

**Highest risk:**
- Outdoor settings
- Indoor group settings

Remember, when you’re away from home:
- Wear a face cover.
- Stay at least 6 feet (2 m) away from others.
- Don’t touch your face.
- Wash or sanitize your hands often. Wash them well when you get home.

Comparing the risk of activities

**Lowest risk:**
- Staying home

**Low risk:**
- Enjoying the outdoors
- Outdoor get-togethers
- Indoor group settings

**More risk:**
- Outdoor get-togethers
- Indoor group settings

**Highest risk:**
- Outdoor settings
- Indoor group settings

Outside is safer than inside.

Large, well-ventilated indoor spaces are safer than small ones.

A small group is safer than a large group.

Short interactions are safer than long ones.

Large, well-ventilated indoor spaces are safer than small ones.

Being with household members is safer than being with other people.

Remember, when you’re away from home:
- Wear a face cover.
- Stay at least 6 feet (2 m) away from others.
- Don’t touch your face.
- Wash or sanitize your hands often. Wash them well when you get home.

Comparing the risk of activities

**Lowest risk:**
- Staying home

**Low risk:**
- Enjoying the outdoors
- Outdoor get-togethers
- Indoor group settings

**More risk:**
- Outdoor get-togethers
- Indoor group settings

**Highest risk:**
- Outdoor settings
- Indoor group settings

Avoiding COVID-19

Weighing activity risks

Outside is safer than inside.

Large, well-ventilated indoor spaces are safer than small ones.

A small group is safer than a large group.

Short interactions are safer than long ones.

Outside is safer than inside.

Large, well-ventilated indoor spaces are safer than small ones.

A small group is safer than a large group.

Short interactions are safer than long ones.