

# MY COVID-19 RISK: MAKING DECISIONS ABOUT VISITING PUBLIC PLACES DURING THE PANDEMIC.

Since there is no way to ensure zero risk of infection, it is important to understand the potential risks when venturing out. Because it's not possible to provide the specific risk level for every activity in every community, it's important to consider how significant the risk to others and to yourself when deciding where and when to go out.

## STEP 1: CONSIDER RISK TO OTHERS

Think about the people you live with and those you will be around during the activity:

### Is everyone under age 60?



If not, consider the risk of exposing them to the virus.

### Is everyone healthy, without underlying medical conditions?



If not, consider the risk of exposing them to the virus.

### Could you be a risk to others based on places you have been?



If you are a close contact of someone who has COVID-19, or have been instructed to quarantine, you should not leave home except to get medical care.



If you have engaged in high-risk activities\*, like clubbing or spending time in public without social distancing or a mask, you are more likely to expose others to the virus.

## \* EXAMPLES OF HIGH-RISK ACTIVITIES

- Going on a cruise.
- Visiting a crowded beach.
- Going to the gym.
- Eating indoors at a restaurant.
- Playing high or full-contact sports (football, basketball).
- Going to casinos.
- Attending places with large crowds, such as large concert venues, sporting events or places of worship.
- Eating at a buffet.
- Going to bars.
- Going to a movie theater.

## STEP 2: CONSIDER RISK TO YOURSELF

Think about the public activity you're considering.

### Is everyone wearing face coverings?

- Yes, face coverings are enforced
- Most people will wear face coverings and so will I
- Most people will not wear face coverings, but I will wear one
- No, face coverings are not enforced and I will not wear one

### Is it possible to stay six feet away from others?

- Yes
- Most of the time
- Some of the time
- No

### How many people will be there?

- Just a few
- People from more than one household
- More than 10
- A large crowd

### Is the activity outdoors or well-ventilated?

- Outdoors
- Indoors, but well ventilated
- Indoors, somewhat ventilated
- Indoors, no ventilation

### How long will you be at the location?

- In and out
- Less than 15 minutes
- 15 minutes or more
- Hours or more

### Will there be activity that makes people breathe heavily, like exercise, dancing, singing or shouting?

- Breathing normally
- Breathing heavily (exercise), talking a lot
- Yelling, singing
- Coughing, sneezing

### Will you be able to wash hands with soap and water?

- Yes – handwashing is available
- No, but hand sanitizer is available
- No, but I will carry hand sanitizer
- No and hand sanitizer is not available

### Do you know if high-touch surfaces are being carefully cleaned to remove germs?

- Yes – the place has good protocols for sanitization
- No, but I can wipe them myself
- Yes, but not very frequently
- No. The place is not sanitizing high touch surfaces

### Have people around you been social distancing?

- Yes
- Some
- I don't know
- No

This guidance provides additional information on how to determine risk associated with various activities. In general, the more closely you interact with others and the longer that interaction lasts, the higher the risk of COVID-19 spread. If after asking yourself these questions you decide to go out, make sure to bring a mask, tissues and hand sanitizer with at least 60% alcohol. Don't forget to never touch your face with unwashed hands and to cover every cough and sneeze.