Activities during COVID-19: Know your risk level

COVID-19 most commonly spreads through close contact and can easily pass from one person to another. In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.*

Kids and families have experienced so much change during the pandemic – and we know it’s hard! But, it’s up to all of us to help stop the spread of COVID-19. Some of our everyday activities like visiting a friend’s house or playing basketball indoors might seem safe, but are they? Check out the risk levels below before you go!

**Children under 2 and people with special needs who cannot remove the mask themselves or express trouble breathing should not wear a face mask.

How can you lower your risk?

- Wear a mask**
- Stay 6 ft. from people who don’t live in your home
- Wash your hands
- Delay celebrations and large gatherings until after the pandemic
- Get the vaccine when it becomes available to you

High risk

- Not wearing a mask at all times in public**
- Large gatherings (birthday parties, weddings, etc.)
- Sleepovers at a friend’s house
- Movie theaters
- Visiting with older relatives indoors
- Indoor sporting events
- Eating indoors at a restaurant

Medium risk

- Eating outdoors at a restaurant
- Having dinner at someone’s house
- Working out at the gym
- Playing inside at a friend’s house, wearing a mask at all times
- Outdoor gathering with 2-3 families
- Going to the library
- Getting a haircut at a salon or barbershop

Low risk

- Essential errands, wearing a mask (grocery store, bank, etc.)
- Outdoor, distanced playdates
- Doctor’s appointments
- Other health care appointments, like occupational therapy
- Getting takeout
- Walking in the park
- Playgrounds that aren’t crowded

Little to no risk

- FaceTiming friends
- Playing with siblings who live in your home
- Taking a family hike or bike ride
- Exercising at home

*CDC.gov

chrichmond.org/covid-19