

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!

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

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