

Be Informed and...

KNOW YOUR RISK

As the battle against Covid-19 continues, we hope that this chart will help you to assess the risks associated with various activities.

LOW RISK ACTIVITIES

- Getting Take-Out Food
- Getting Gasoline
- Opening Your Mail
- Online Shopping
- Camping
- Going for a Walk Alone
- Riding a Bike Outside
- Playing Tennis
- Reading a Book
- Hiking

LOW-MODERATE RISK ACTIVITIES

- Grocery Shopping
- Going for a Run/Walk with Others
- Walking in a Busy Area
- Eating at a Restaurant (Outdoors)
- Staying in a Hotel
- Playing Golf
- Spending an Hour at a Playground
- Going to the Library
- Visiting a Museum
- Sitting in a Dr.'s Office Lobby

MODERATE RISK ACTIVITIES

- Dinner at Someone Else's House
- Going to the Beach
- Working In an Office Building
- Visiting Friends (Inside)
- Going to a Pool Party
- Attending a Backyard BBQ
- Shopping at a Mall
- Sending Kids to Camp
- Swimming at a Public Pool
- Sending Kids to School or Daycare

MODERATE-HIGH RISK ACTIVITIES

- Going to the Hair Salon or Barber
- Attending a Wedding
- Traveling by Plane
- Playing Basketball
- Hugging a Friend
- Eating at a Restaurant (Inside)
- Attending a Funeral
- Traveling by Bus
- Playing Football
- Shaking Hands with Someone

HIGH RISK ACTIVITIES

- Going to a Movie Theater
- Working out at a Gym
- Going to a Bar
- Attending a Concert
- NOT ROUTINELY WEARING A MASK
- Going to an Amusement Park
- Eating at a Buffet
- Dancing at a Nightclub
- Going to a Sports Stadium
- Attending Large Religious Services

This infographic should act as a good general outline to follow, but should in no way replace rules or guidelines communicated or enforced by your employer, local community or state. To stay up to date with the latest guidelines and Covid-19 trends, we recommend visiting the Centers for Disease Control's (CDC) or the World Health Organization's (WHO) website.