



Going Out? Do it Safely!

Your actions matter – make informed choices to keep yourself and others safe.

| | | | |
|---------------|---|-----------------------------------|---|
| Avoid | | | |
| | Closed spaces | Crowded places | Close contact |
| Always | | | |
| | Stay home and away from others if you feel sick | Follow local public health advice | Stick to a small and consistent social circle |

| Low Risk | Medium Risk | High Risk |
|--|---|---|
| <ul style="list-style-type: none"> Getting mail and packages Restaurant takeout Grocery and Retail Shopping Community/Outdoor parks and beaches Camping Running/hiking/biking solo or at a distance from others Driving Car (solo or with household contacts) Socially distanced picnic Going for a walk Playing "distanced" sports outside (tennis/golf) Backyard BBQ with your "bubble" contacts | <ul style="list-style-type: none"> Hair salon/barbershop Outdoor restaurant/patio Medical/health appointments/dentist School/camp/daycare Hotel/BnB Public pools Taxi/ride shares Malls/museums /galleries Working in an office Weddings and funerals Playing on play structures Visiting elderly or at-risk family/friends in their home Movie theatre | <ul style="list-style-type: none"> Bars and Nightclubs Crowded indoor restaurant/buffet Gyms and athletic studios Amusement parks Cruise ships and resorts High contact sports with shared equipment (football/basketball) Hugging, kissing or shaking hands Conferences Large religious /cultural gatherings Music concerts, or places where people are singing or shouting Watching sporting events in arenas and stadiums Sexual activity with new people Casinos Indoor party Crowded public transportation (bus, subway) |
| | | |
| Home alone or with household contacts | Outdoors with housemates or social bubble | Outdoors with physical distancing |
| | | |
| Outdoors/Indoor Short amount of time | Indoors Large groups Long time | Indoors/outdoors Crowded Longer time |

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and other measures that may decrease risk. Some examples of low, medium, high risk are provided above but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, coughing).