







COVID-19: REDUCE YOUR RISK

The more low-risk choices you make, the more protection you have from getting or spreading COVID-19.

SAFEST ————— **RISKIEST**

Face Covering		Everyone is wearing a mask or face covering	Most wearing masks	Some wearing masks	None wearing masks
Social Distance		Not engaging in any activity in person; virtual only	Staying 6 feet or more from others	Staying under 6 feet from others	Standing face to face, hugging, shaking hands
Droplet Spread		Breathing normally	Speaking or breathing heavily	Shouting, yelling or singing	Coughing or sneezing
Location		Outdoors in an open space	Staying under a shelter (gazebo, covered porch) outdoors	Large, indoor rooms with good air flow	Small, indoor rooms with poor air flow
Food		Only bringing and touching your own food	Serving pre-portioned food, using good hand hygiene	Family style, but using your own serving utensils	Sharing plates, utensils, and cups
Groups		Only household members	Small groups (two households, under 10 people)	Large groups over 10 people	Large gatherings with people from different geographic areas

EXAMPLES

SAFEST ————— **SAFER, SOME RISK** ————— **RISKIEST**



Staying home with only people you live with



Small outdoor gathering, keeping at least 6 feet apart



Singing with a large choir in a small room

ALWAYS REMEMBER



Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol.



Stay home if you're feeling any mild symptoms, except to get medical care.