

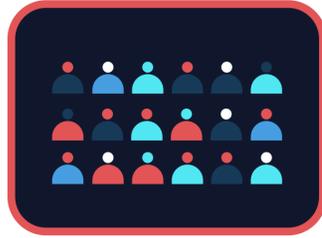
Going Out? Do it Safely!

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

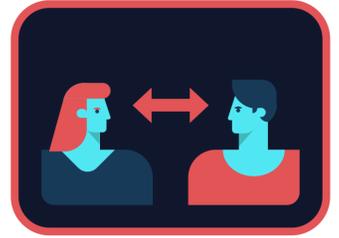
Avoid



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



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

Medium Risk



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

High Risk



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



Outdoor/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).