COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

- Enclosed space
- Duration of interaction
- Crowds
- Forceful exhalation

**LOW / MEDIUM**
- Staying at home
- Running or biking
- Playing "distanced" sports outside
- Grocery shopping
- Outdoor picnic or porch dining
- Taking a taxi or a ride-sharing service
- Outdoor restaurant dining
- Museum
- Retail shopping
- Dentist appointment

**MEDIUM**
- Hair/nail salon and barbershops
- Exercising at a gym
- Indoor restaurant or coffee shop
- Religious services
- Going to an amusement park
- Concert
- Dentist appointment
- Outdoor picnic or porch dining
- Walking outdoors
- Grocery shopping
- Playing "distanced" sports outside
- Retail shopping
- Dentist appointment

**MEDIUM / HIGH**
- Staying in a hotel overnight
- Indoor restaurant or coffee shop
- Going to an amusement park
- Concert
- Dentist appointment
- Grocery shopping
- Playing "distanced" sports outside
- Retail shopping
- Dentist appointment

**HIGH**
- Indoor party
- Bars and nightclubs
- Playing contact sports
- Going to an amusement park
- Religious services
- Concert
- Dentist appointment
- Grocery shopping
- Playing "distanced" sports outside
- Retail shopping
- Dentist appointment

When near people, wear a mask
Maintain 6 feet of social distance—frequently wash your hands