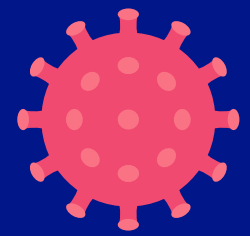


COVID-19 (Coronavirus)



Phase
4

High Risk vs. Low Risk Activities

With less legal restrictions on our activities, we must still place personal restrictions on our activities. For our mental and physical health it is important to be active and social, but we must be clear on what are the risks involved. Below is an activity guide with some activities on the high and low risk scale.

RISK LEVEL	ACTIVITY	GUIDELINES
LOW	Walk/bike outdoors	Can be with friends, but stay 6 ft. apart
	Dine outside	Tables 6 ft. apart, avoid high-touch items like menus
LOW-MEDIUM	Picnic outside with friends	Keep 6 ft. from others, keep groups small, wear masks, no sharing of utensils or food
	Beach	Keep 6 ft. from others and spend most of your time in motion
	Swim in a pool	Avoid locker rooms, keep physical distance from others
MEDIUM	Kids playdate outside	Keep groups small, no food sharing, wear masks or shields
	Visiting the hairdressers and nail salons	Wear masks, ensure employee hand hygiene
MEDIUM-HIGH	Socialize outside with a large group	The more people, the more likely you may be exposed; wear masks and maintain 6 ft from others
	Going to the Gym	Sanitize equipment before and after use, wear masks for low-intensity exercises only, and put distance between yourself and other gym-goers
	Staying at or dining at a Hotel	Wear masks, physical distance, and ask about housekeeping protocols
HIGH	Visit elderly parents/ friends who are high-risk for COVID-19	Don't visit if you have symptoms, have been exposed, or might be sick. Avoid physical contact, meet outside if possible.
	Date new people	Outdoor, physically-distanced dates are relatively safe, but avoid close physical contact
	Business meetings or social gatherings	Virtual meetings, physically-distanced gatherings, avoid close physical contact even at weddings and funerals and wear masks
VERY HIGH	Big party indoors	Use well-ventilated spaces or, better yet, move outdoors so people can distance
	Large gatherings or dense crowds	Wear masks and try to physical distance as much as possible

