

Activity Risk Level for COVID-19

Risk levels for the activities assume participants are following the recommended safe behaviors when possible, such as **maintaining social distance, wearing a mask, washing hands frequently, not hugging or shaking hands, and coughing or sneezing into tissue or elbow.** If not, each one of these activities is considered high risk.



LOW: Generally Safe

MODERATE: Use Caution

HIGH: Avoid if Possible

1	2	3	4	5	6	7	8	9
Outdoor exercise	Gas	Grocery shopping	Walk in busy downtown	Job outside of home	Airplane travel	Wedding or funeral	Visit nursing home or hospital	Nightclub
Opening the mail	Camping	Library or museum	See doctor or dentist	Shopping mall	Salon or barbershop	Basketball or football	Buffet	Music concert
Takeout food from restaurant	Visit with people you don't live with (outdoors)	Golf	Overnight stay at a hotel	Public beach	School, camp or daycare	Go out with someone you don't know well	Religious service (indoors)	Religious service with 500+ people
Tennis	Someone outside household uses your bathroom	Walking, running, or bike riding with others	Restaurant (outdoors)	Public pool	Public transportation	Restaurant (indoors)	Amusement park	Indoor bar
	Playdates, older kids (ages 10+)		An hour at a playground	Backyard barbeque	Bowling		Gym	Sports stadium
	Curbside pickup		Small outdoor picnic	Dinner at someone else's house	Casino		Indoor party	
CV19 CheckUp is a free, confidential service that helps you understand your personal COVID-19 risks and how to reduce them.			Public restroom	Playdates, younger kids (age 9 and under)			Movie theater	
Try it: www.cv19checkup.org			Vacation with another household				Socialize indoors with people you don't live with	
Please share this chart with friends and family.								© 2020 BellAge, Inc.

Citations: This chart combines activities from the Texas Medical Association, MLives, and the Information is Beautiful infographic, ranked using a scoring system of 1 (Least Risky) to 10 (Most Risky). Additional activities were added based on input from a professional review panel convened by BellAge, Inc. that used expert opinion and a similar ranking methodology.