

# BE INFORMED:

Know Your Risk During COVID-19  
On a color scale, how risky is...

**The best way to prevent illness is to avoid being exposed to this virus.**

All activities have the potential to become high-risk if proper precautions are not taken by all individuals.

Southwest District Health recommends individuals take the following precautions to protect yourself and your community:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.
- Cover your mouth and nose with a cloth face cover when around others.
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Clean AND disinfect frequently touched surfaces daily.

Ranked by public health experts from Southwest District Health.



## HIGH RISK

Going to a bar/night club  
Attending a large, crowded religious service, wedding, or funeral (indoors where physical distancing cannot be maintained)  
Going to a sports stadium  
Attending a large music concert  
Going to a movie theater  
Going to an amusement park  
Working out at a gym  
Eating at a buffet

## MEDIUM RISK

Hugging or shaking hands when greeting a friend  
Playing football  
Playing basketball  
Traveling by plane  
Eating in a restaurant (indoors)  
Going to a hair salon or barbershop

## LOW RISK

Visiting a relative or friend (in an outdoor space where distancing can be maintained)  
Sending kids to school, camp, or day camp  
Shopping at a mall  
Going to a beach  
Attending a backyard barbecue  
Having dinner at someone else's house  
Spending an hour at a playground  
Walking in a busy downtown  
Eating in a restaurant (outside)  
Going to a library or museum  
Sitting in a doctor's waiting room  
Staying at hotel

## ROUTINE RISK

Playing golf  
Going for a walk, run, or bike ride with others  
Grocery shopping  
Going camping  
Playing tennis  
Pumping gasoline  
Getting restaurant takeout  
Opening the mail