## **ASSESSING YOUR SOCIAL ACTIVITIES OUTSIDE THE** WORKPLACE



## **Understand Your Risks**

In many Fact Sheets published by the CDC, medical experts report that COVID-19 is primarily spread from person to person by coming into close contact (6 feet or two arm lengths) with a person who has COVID-19. Certain activities and events increase one's risk when this distance is compromised. On a scale of 1 to 10, assess what precautions you need to take as you expose yourself to activities with a greater risk of transmitting COVID-19.

Five factors when considering how risky a given activity might be:

- Whether inside or outside
- Proximity to others
- Exposure time
- The likelihood of compliance
- Personal risk level

This guide was compiled from various medical surveys, the TMA and other research sources. For the latest news on COVID-19, visit <u>CDC.gov</u>.

Video: Activities Ranked by Risk of Coronavirus

Not following CDC's <u>Stop the Spread</u>	9
Going to a bar	9
Going to an indoor venue with hundreds of people	9
Going to a sports stadium	9
rm Opening a public door handle without a barrier	8
	8
Going to a movie theater or an amusement park	8
Dn Eating at a buffet	
Working out in a gym	8
Hugging or shaking hands	7
Holding someone else's phone	7
Playing football or basketball	7
Taking selfies with friends	7
Traveling by plane, train or bus	7
Attending a wedding or funeral	7
Eating at an indoor restaurant	7
Going to a hair salon/barbershop	7
Visiting an elderly relative or friend in their home	6
Swimming in a public pool	6
Working one week in an office building	6
Sending kids to school, camp or day care	6
Shopping at a mall or going to a beach	5
Having dinner/BBQ at someone else's house	5
	4
Spending an hour at a playground	
Walking in a busy downtown area	4
Eating at an outdoor restaurant	4
ng to a library or museum	4

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Staying at a hotel for two nights

Going to a library or mu

Sitting in a doctor's waiting room

Playing tennis or golf

Going for a walk, run or bike ride with others

Going shopping

**Pumping gasoline** 

**Going camping** 

**Getting restaurant takeout** 

**Opening mail** 

Following CDC's Stop the Spread







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