

COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:



Enclosed space



Duration of interaction



Crowds



Forceful exhalation

LOW



Staying at home



Running or biking

Outdoor picnic or porch dining



Walking outdoors



Picking up takeout food, or groceries

LOW / MEDIUM



Playing "distanced" sports outside



Grocery shopping



Retail shopping

MEDIUM



Dentist appointment

Taking a taxi or a ride-sharing service



Outdoor restaurant dining

Museum



MEDIUM / HIGH



Exercising at a gym



Hair/nail salon and barbershops



Staying in a hotel overnight



Indoor restaurant or coffee shop

HIGH



Indoor party



Bars and nightclubs



Air travel



Playing contact sports



Going to an amusement park



Religious services



Concert



Watching sports



Movie theater or live theater



When near people, wear a mask

Maintain 6 feet of social distance—frequently wash your hands