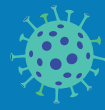


What the Experts Say About COVID-19 Risks



There are several factors that may raise or lower your risk of acquiring or transmitting the virus, including but not limited to mask wearing, hand washing frequency, duration of and proximity to others, the number of contacts outside of your household, the size of an indoor space and the quality of indoor ventilation. Underlying medical conditions, such as chronic kidney disease, COPD, diabetes and serious heart conditions will increase your risk of severe illness.

The below activities are categorized assuming that face masks will be worn, physical distancing of 6 feet or more will be maintained, and people with underlying medical conditions are taking increased precautions.

LOW RISK

- Staying in a:
 - » Hotel
 - » Vacation rental in a rural area
- Going to a beach (few people)
- Going for a walk, run or bike ride with others
- Playing non-contact sports (i.e. golf, tennis)
- Camping at a campground with physical distancing
- Backyard barbecues with physical distancing (less than 10 people)
- Getting take-out from a restaurant
- Going grocery shopping
- Going to a doctor's office (with adequate ventilation and physical distancing)

MEDIUM RISK

- Air travel
- Train travel
- Riding a bus
- Going to amusement parks
- Staying in a vacation rental in a busy/urban area
- Taking your children to a playground
- Swimming at a public pool with appropriate distancing
- Playing low-contact sports (i.e. baseball, softball, volleyball)
- Attending a service at a place of worship (risk lower with no singing)
- Outdoor parties with friends and family
- Dinner at someone else's house with physical distancing (less than 10 people)
- Eating outdoors at a restaurant with adequate physical distancing
- Going to:
 - » Hair salons/barbershops
 - » Libraries and museums
 - » The mall
 - » The office
 - » School or college/university

HIGH RISK

- Going on a cruise
- Going to a crowded beach
- Going to the gym
- Eating indoors at a restaurant
- Playing high- or full-contact sports (i.e. football, basketball)
- Going to casinos
- Attending a service at a place of worship (risk increases with larger crowds and/or with singing and chanting)
- Going to large concert venues
- Attending an event at a sports stadium
- Eating at a buffet
- Going to bars
- Going to a movie theater