

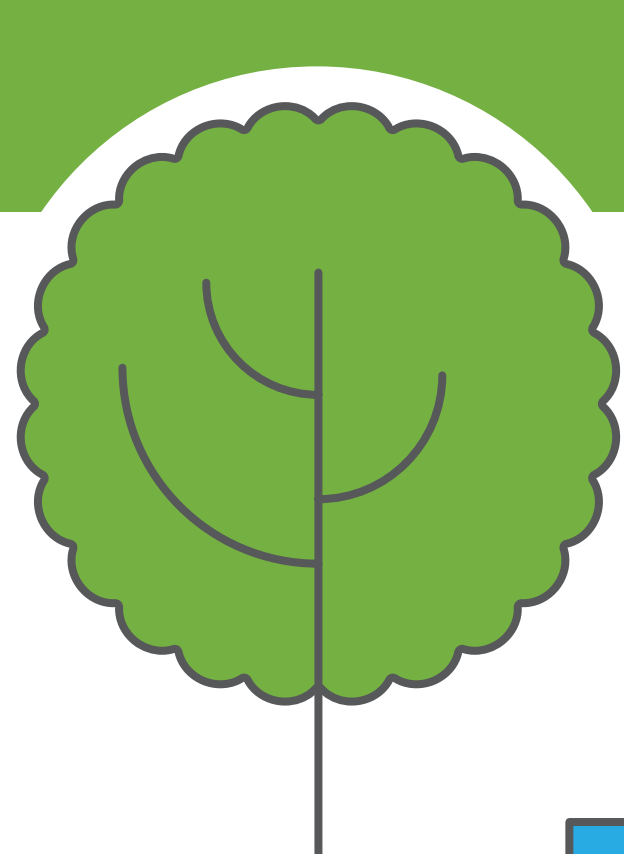
Weighing Activity Risks



We are all living through a tough time. No one wants to get COVID-19, but it's hard to stay at home all day, every day.

So how can you decide what's **risky** and what's **safe enough**? That's a **choice** that each person has to make. Here are some basic things to keep in mind about the **risk of infection**. When you're not at home:

1 **Outside** is safer than **inside**.



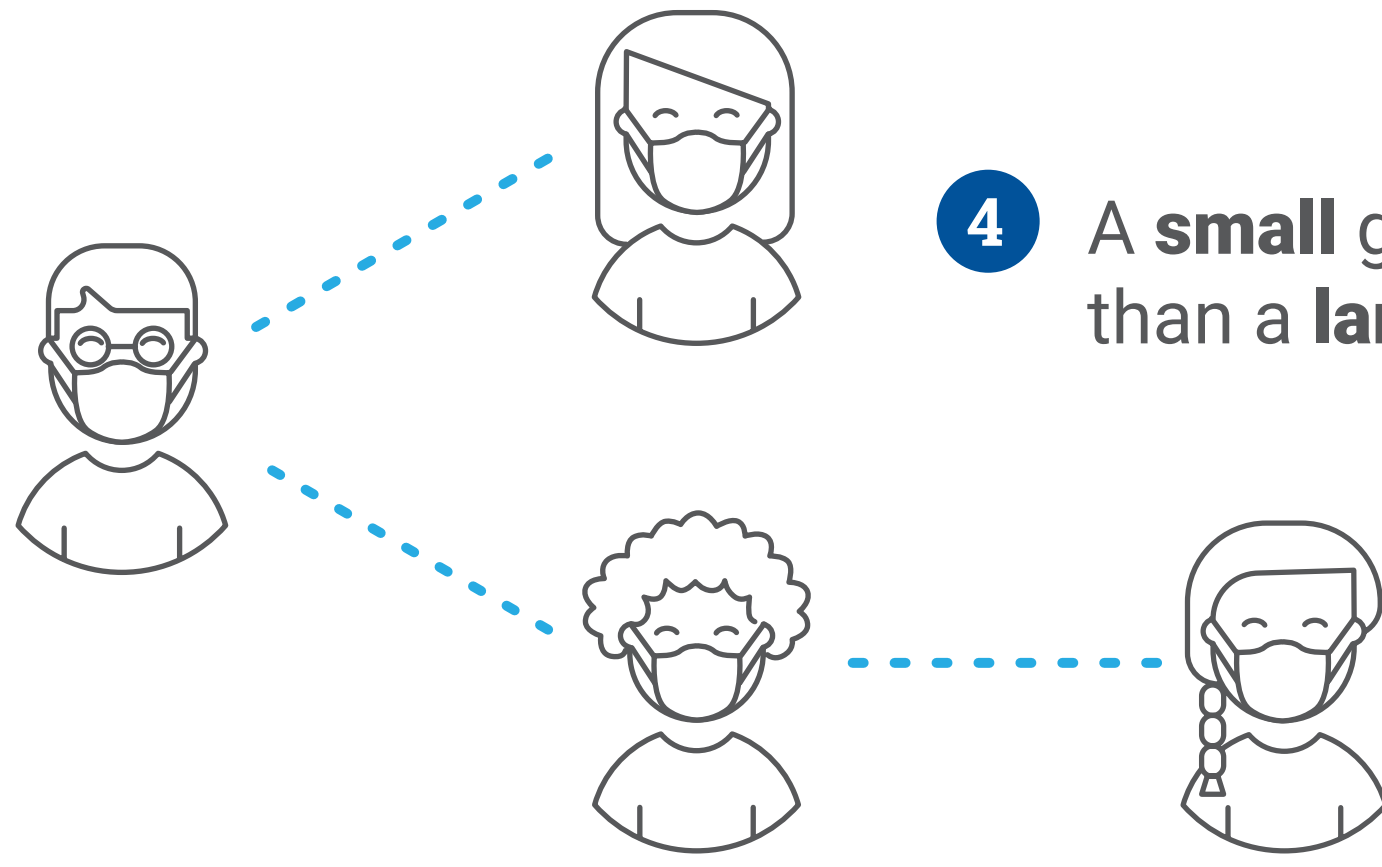
2 **Large, well-ventilated indoor spaces** are safer than **small** ones.



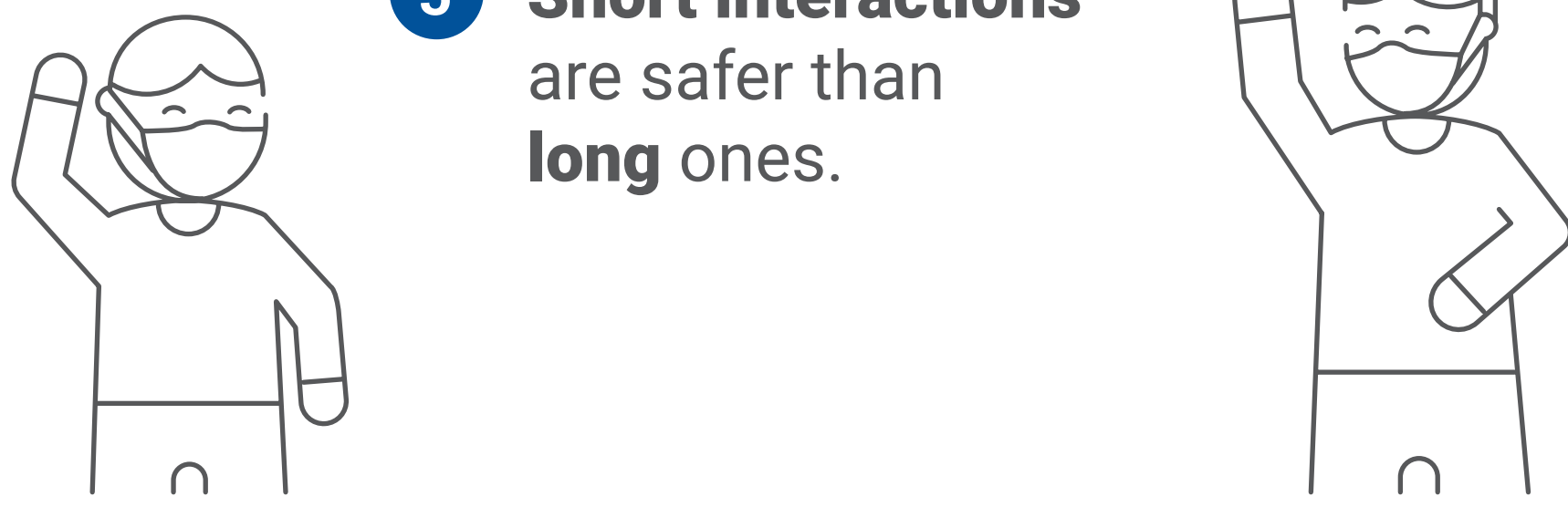
3 Being with **household members** is safer than being with **other people**.



4 A **small group** is safer than a **large group**.



5 **Short interactions** are safer than **long ones**.

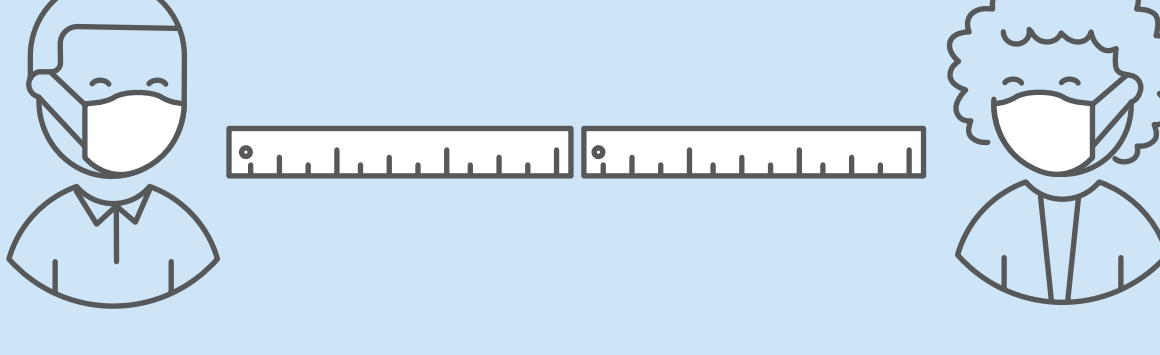


Remember, when you're away from home:

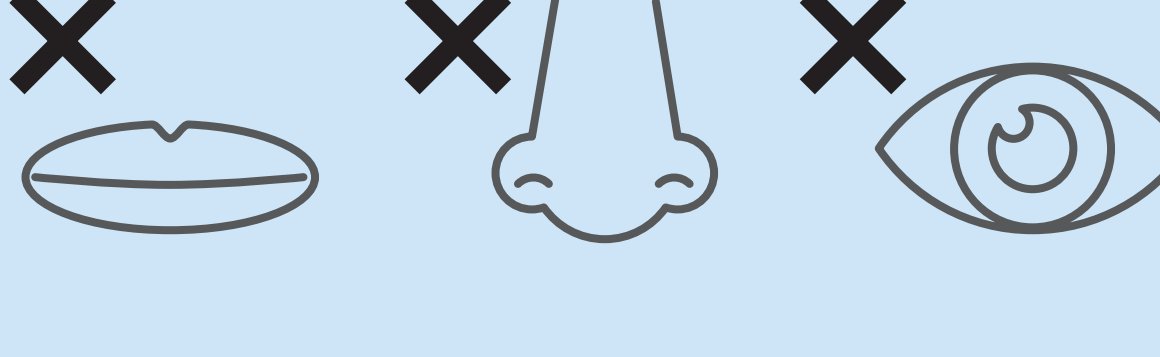
1 **Wear a face cover.**



2 **Stay at least 6 feet (2 m) away from others.**



3 **Don't touch your face.**



4 **Wash or sanitize your hands often. Wash them well when you get home.**



Comparing the risk of activities

LOWEST RISK

Staying home

Alone or with household members only. No visitors.
Video chats.
Takeout food.

LOW RISK

Enjoying the outdoors

Examples: Walking, biking, sitting in the park
Avoid face-to-face interactions and contact sports.
Don't share toys or sports equipment.

MORE RISK

Outdoor get-togethers

Examples: Large picnic, outdoor restaurant meal, outdoor wedding
Wear a face cover except when you're eating.
Don't share food, drink, or utensils.

HIGHEST RISK

Indoor group settings

Examples: Bar, gym, indoor restaurant meal, house party
Avoid these if you can. If you can't, keep your visit short.
Open windows or turn on fans. Avoid touching surfaces.

Southwestern Health Resources



Are you concerned that you may have coronavirus?

Texas Health Resources Coronavirus Hotline, staffed by nurses, is available to help answer your questions. Call 682-236-7601 anytime to speak with a nurse. Learn how to protect yourself.

Source: Healthwise