

What activities are the safest?

According to the CDC, in general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions. Keep a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, on hand at all times when possible.



LOWER RISK:

- Outdoor get together with a small group
- Picnic in a park
- Ordering takeout
- Exercise outside
- A round of golf
- Day at the beach (if not crowded)
- Farmers Market
- Dining outdoors

MEDIUM RISK:

- Shopping inside a mall or store
- Traveling by train or airplane
- Visiting a salon (hair or nails)
- Crowded outdoor event
- Eating/Drinking inside restaurants and bars

HIGHER RISK:

- Going into other people's homes
- Parties
- Public pools, concerts, movie theaters
- Indoor large gatherings (sports, religious event)
- Visiting elderly relatives
- Public transit

For more COVID-19 and summer safety information visit our website at aah.org/covid-19 or visit our Facebook page: facebook.com/advocateaurorahealth