

COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:



Enclosed space



Duration of interaction



Crowds

Density of people + challenges for social distancing



Forceful exhalation

Sneezing, yelling, singing, and coughing



When near people, wear a mask

Medium



Visiting hospital emergency department

Risks: Indoor, potential clustering of people

Medical office visit

Risks: Indoor, close contact, potential clustering of people, high-touch surfaces



Dentist appointment

Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask

Taking a taxi or a ride-sharing service



Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers



Museum

Risks: Indoor, close contact/potential clustering of people



Outdoor restaurant dining

Risks: Close contact, potential clustering of people, challenge to wear a mask during eating

Medium / High

Exercising at a gym



Risks: Indoor, close contact/potential clustering of people, high-touch surfaces, difficult to wear a mask, high respiratory rate

Hair/nail salon and barbershops



Risks: Prolonged close contact, difficult to wear a mask

Working in an office



Risks: Indoor, high-touch surfaces, prolonged close contact/potential clustering of people



Indoor restaurant or coffee shop

Risks: Indoor, prolonged close contact/potential clustering of people, difficult to wear mask while eating and drinking

Low / Medium

Playing "distanced" sports outside



Ex: Tennis or golf

Grocery shopping



Risks: Indoor, close contact, potential clustering of people, high-touch surfaces



Retail shopping

Risks: Indoor, close contact, potential clustering of people

High



Indoor party

Risks: Indoor, prolonged close contact/potential clustering of people

Additional risks: alcohol (loss of inhibition), shared joint/pipe (coughing)



Bars and nightclubs

Risks: Enclosed space, prolonged close contact/potential clustering of people, high respiratory rate, yelling/projection of voice



Playing contact sports

Football, basketball, soccer, etc

Risks: Prolonged close contact/potential clustering of people, high respiratory rate, unable to wear a mask



Air travel

Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



Public transportation
Subway or bus

Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



Concert

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice



Religious services

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, singing/projection of voice



Movie theater or live theater

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces



Watching sports

Risks: Prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice, enclosed space (if indoor)

**REOPEN INTELLIGENTLY.
REOPEN SAFELY.**

Low

Walking outdoors

With or without pets

Running or biking

Alone or with another person



Staying at home

Alone or with members of your household



Risks: Close contact or potential clustering of people

Outdoor picnic or porch dining

With non-household people and physical distancing



Risks: Potential crowding and activity



Picking up takeout food, coffee, or groceries from stores

Risks: Potential crowding