COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

- Enclosed space
- Duration of interaction
- Crowds
- Forceful exhalation

When near people, wear a mask

Low / Medium

- Walking outdoors with or without pets
- Running or biking alone or with another person
- Staying at home alone or with members of your household
- Picking up takeout food, coffee or groceries from stores

Low

- Medical office visit
  Risks: Indoor, close contact, potential clustering of people, high-touch surfaces
- Visiting hospital emergency department
  Risks: Indoor, potential clustering of people
- Dentist appointment
  Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask
- Hair/nail salon and barbershops
  Risks: Prolonged close contact, difficult to wear a mask

Medium

- Taking a taxi or a ride-sharing service
  Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers
- Working in an office
  Risks: Indoor, high-touch surfaces
- Grocery shopping
  Risks: Indoor, close contact, potential clustering of people, high-touch surfaces
- Outdoor restaurant dining
  Risks: Close contact, potential clustering of people, challenge to wear a mask while eating and drinking

High / Medium

- Exercising at a gym
  Risks: Indoor, close contact, potential clustering of people, high-touch surfaces
- Visiting hospital emergency department
  Risks: Indoor, potential clustering of people
- Dentist appointment
  Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask
- Hair/nail salon and barbershops
  Risks: Prolonged close contact, difficult to wear a mask

Medium

- Shopping in retail
  Risks: Indoor, close contact, potential clustering of people, high-touch surfaces
- Medical office visit
  Risks: Indoor, potential clustering of people
- Visiting hospital emergency department
  Risks: Indoor, potential clustering of people
- Dentist appointment
  Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask
- Grocery shopping
  Risk: Indoor, close contact, potential clustering of people, high-touch surfaces
- Outdoor restaurant dining
  Risks: Close contact, potential clustering of people, challenge to wear a mask while eating and drinking

High

- Indoor party
  Risks: Indoor, close contact, potential clustering of people, high-touch surfaces
- Playing contact sports
  Risks: Prolonged close contact, potential clustering of people
- Air travel
  Risks: Indoor, close contact, potential clustering of people, high-touch surfaces
- Outdoor picnic or porch dining
  Risks: Prolonged close contact, potential clustering of people, high-touch surfaces
- Grocery shopping
  Risk: 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
- Medical office visit
  Risks: Indoor, potential clustering of people
- Hair/nail salon and barbershops
  Risks: Prolonged close contact, difficult to wear a mask

Low

- Walking outdoors alone or with another person
- Staying at home alone or with another person
- Picking up takeout food, coffee, or groceries from stores
- Outdoor picnic or porch dining
- Grocery shopping
- Retail shopping
- Museum
- Outdoor restaurant dining
- Visiting hospital emergency department
- Dentist appointment
- Medical office visit
- Hair/nail salon and barbershops

Low / Medium

- Parking a taxi or a ride-sharing service
- Taking a taxi or a ride-sharing service
- Outdoor picnic or porch dining
- Grocery shopping
- Retail shopping
- Museum
- Outdoor restaurant dining
- Visiting hospital emergency department
- Dentist appointment
- Medical office visit
- Hair/nail salon and barbershops

Medium

- Exercising at a gym
- Visiting hospital emergency department
- Dentist appointment
- Medical office visit
- Hair/nail salon and barbershops

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- Indoor party
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