Measuring Your COVID-19 Risk During Daily Activities

Three Major Risk Factors: Location, Time, Distance

Measuring your risk for COVID-19 during an activity starts with thinking about three major factors: location, time, and distance. **Do not engage in any activity without wearing a mask.**

- **1. Location.** Is the activity outdoors? Outdoor activities are safer than indoor activities. COVID-19 moves through the air and stays in the air longer when indoors, increasing your risk of exposure.
- 2. Time. How long will you be doing the activity? Try to spend less than 15 minutes total with others over a 24-hour period, especially if indoors. Spending more time around others increases your risk of exposure to COVID-19.
- 3. Distance. Will you be able to stay 6 feet apart from others? Activities where you can remain at least 6 feet away from others are safest. Distancing is important because most germs cannot travel more than 6 feet from person to person in the air.

Reduce Your Risk, Wear a Mask,

Everyone should wear a mask during all activities, no matter the location, time, or distance from others. Any activity where someone is not wearing a mask is high risk for getting COVID-19.





Mask fully covers the mouth and nose

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Eating at a restaurant