Measuring Your COVID-19 Risk During Daily Activities

# Three Major Risk Factors: Location, Time, Distance

**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**

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.

# Measuring Your Risk During Daily Activities

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| Getting Fuel 0 |
| Feeding livestock 1 |
| Going to outdoor sporting 1event |
| Hiking with friends 2 |
| Gathering traditional foods 2or medicines with others |
| Attending indoor family 3gathering with others |
| Eating at a restaurant 3 |
| Attending indoor tribal 3meeting |

 your activity here

 your activity here

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Effective December 1, 2020 Source: CDC

your logo here