







Plan Your COVID-19 Risk Guide



	HIGH RISK	LOWER RISK*
Eating and Drinking 	Eating or drinking indoors with people who don't live with you. This includes at restaurants and bars, or eating with others inside a home. See below about unmasked contact limits.	If you're eating with people who don't live with you, do it outside AND with 6 feet of distance. At work, eat quickly (less than 15 minutes) and 6 feet from others.
Unmasked Contacts 	Having unmasked contact with more than 5 people who don't live with you over the course of a week. That's unmasked contact with 5 people TOTAL, not 5 at a time.	Limit unmasked contact to those you live with plus 5 (or fewer) people each week. For contact with everyone else, wear a mask or stay 6 feet apart outside. Remember, if you're indoors, distance alone isn't enough.
Exercise 	Working out in a gym or fitness center without wearing a mask while other people are present. This includes exercise classes and fitness centers where masks aren't being worn.	Exercise outdoors or do in-home fitness or virtual classes. If you're in a gym or at a fitness class, you must BOTH wear a mask AND keep at least 6 feet of distance.
Singing or Chanting 	Singing or chanting indoors with other people when masks aren't worn or people aren't 6 feet apart. This includes religious services without masks or without distance.	Sing or chant outdoors. If you do so indoors, you must BOTH wear a mask AND keep 6 feet of distance. Eye protection is strongly encouraged.
Outdoor Crowds 	Attending a crowded outdoor gathering with people who are unmasked.	Wear a mask when at any outdoor gathering where it's not possible to keep at least 6 feet of distance. Eye protection is strongly encouraged.
Long-Distance Travel 	Traveling without wearing BOTH a mask AND eye protection. This include any travel more than 2 hours with those who don't live with you. For example: planes, trains, buses and shared automobiles.	Wear a mask AND eye protection when you're on shared transportation for more than 2 hours. When you're in a car with people you don't live with, masks alone are OK if everyone keeps theirs on.