

# How to Avoid Catching COVID at different Places

Check out these places you're most likely to catch COVID so you can better understand the risk associated with your activities.

Threat levels are provided on a scale of one to 10, with one being the safest and 10 being the riskiest..

## Going to a State Park

Threat Level: 2

- There are spots to watch out for as you explore your local state park. Restrooms, visitor centers, or popular attractions may be crowded, making it hard to socially distance.
- Prepare safely, use social distancing and avoid crowded parks, wear a mask, and clean hands often.
- Visit the state park at off-times and heading to attractions that aren't as popular.

## Getting Gas

Threat Level: 2

- Don't choose a crowded gas station that prevents social distancing
- Use disinfecting wipes on handles and buttons before you touch them
- When you're done pumping, use hand sanitizer and don't touch your face until you can thoroughly wash your hands

## Browsing at the Grocery Store

Threat Level: 3

- The more time you spend extremely close to people who may be infected and are talking, coughing, or laughing, the higher your risk for contracting the virus.
- Going to a market briefly, for **five minutes**
- **When visiting a grocery store, grab what you need and head out.**

## Taking a Walk

Threat Level: 3

- The study found that a human cough can expel droplets from 10 to 250 meters per second.
- If you're planning to take a relaxing walk, try to choose a path that's not very crowded and always practice social distancing.

## Hiking

Threat Level: 4

- If you're hiking on a crowded trail, you're still at risk.
- Wearing a face mask and staying six feet away from other hikers reduces your risk.
- When you venture outdoors, try to only spend time with people within your household

## Staying at a Hotel

Threat Level: 4

- If you travel to an area with a high transmission rate, you're putting yourself at higher risk
- If stay in a hotel, check with the front desk about sanitizing procedures.
- When come in, wipe things down, possibly with alcohol wipes — particularly high-touch surfaces, like a hotel bathroom sink.

## Taking Your Kids to a Playground

Threat Level: 4

- The amount of risk depends how crowded the park may be. Avoid crowded parks
- wear a mask as feasible, and stay home if you are sick

### **Attending a Farmer's Market**

Threat Level: 4

- Consider how closely your local farmer's market adheres to social distancing and mask guidelines and ensure you feel comfortable with the risk before visiting.

### **Walking Through Downtown**

Threat Level: 4

- These populated areas can make it hard to socially distance. While most areas implement face mask wearing guidelines when it's hard to socially distance, not all patrons follow these regulations.
- If you plan to visit your local downtown area, wear a mask and attempt to social distance as much as possible.
- Try to visit the area at a time that's less crowded, such as a weekday afternoon.

### **Going to an Art Museum**

Threat Level: 4

- Most museums include mask mandates and social distancing. Some museums may use a reservation system to ensure they can follow these regulations.
- Patrons/visitors must wear an acceptable face covering.
- review the establishment's guidelines first to ensure you feel safe and can enjoy your time.

### **Waiting in a Doctor's Office**

Threat Level: 4

- Most doctor's offices are still encouraging **virtual appointments** but there may be some instances when you need to see your doctor face-to-face.
- While being in a waiting room with potentially sick people may be risky.

### **Visiting a Library**

Threat Level: 4

- To minimize risk, visit your local library's social media accounts or websites to browse the online services offered.
- You may be able to choose your books online and pick them up curbside, which reduces your risk for potentially contracting the virus.

### **An Indoor Baby or Bridal Shower**

Threat Level: 5

- This indoor event may come with a high risk of spreading coronavirus.
- You're 19 times more likely to catch COVID-19 from someone when hanging out at an indoor event as opposed to outdoors. This may be because infected respiratory droplets can't disperse as easily indoors.

### **Shopping in a Retail Store**

Threat Level: 5

- When you shop in a retail store, it's best to grab what you need efficiently to reduce potential exposure.
- switch retailers if you feel a store isn't taking the proper safety precautions, such as mask mandates and social distancing.

## **Hosting a Cook-Out**

Threat Level: 5

- the more attendees you invite to your cook-out, the higher your risk for spreading the virus. Opting to keep everyone inside without social distancing also increases your risk.
- Review your local and state COVID-19 guidelines, consider your risk and your household members' for severe illness
- Everyone should also stand six feet from one another.

## **Working in an Office**

Threat Level: 6

- If you share office equipment or chat with co-workers who aren't wearing masks and one of them has COVID-19, it could easily spread to you and throughout the whole office.
- follow strict employee interaction guidelines, emergency response plans, and policies that isolate sick workers to help stop the spread.

## **Going Swimming**

Threat Level: 6

- While you don't need to worry about the water at a public pool, a crowded pool deck may be an issue.
- Consider a pool that's less crowded or enforces social distancing restrictions more firmly or skip swimming altogether.

## **Going to School**

Threat Level: 6 or higher

- new procedures must be in place, including mask mandates and social distancing guidelines.
- special precautions can be taken to minimize the risk of infection among children
- benefits of returning to school should also be considered,

## **Going on a Trip With Friends**

Threat Level: 6

- As much as 40% of people infected with COVID-19 are asymptomatic and have no idea they're carrying the virus,
- If you spend a long weekend in close quarters with a friend who's asymptomatic, chances are you'll contract coronavirus

## **Dinner at a Friend's House Inside**

Threat Level: 6 or higher

- mask wearing and social distancing are important
- Not socially distancing or wearing masks while having dinner inside may spread the virus to all attendees.
- Golden rule: Eat outdoors. Outside is always better than inside.

## **Going to a Wedding**

Threat Level: 7

- attending a large event that's hosted indoors may cause trouble. Spending an extended period of time in close quarters with a large group of people brings you the highest risk of catching COVID-19.
- If the wedding is hosted in an area with high transmission levels, you may want to consider declining the invitation.

## **On an Airplane**

Threat Level: 7

- In an airplane, you're in close quarters with a group of people for several hours, which increases potential exposure.
- Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. If you must travel by air, keep your hands clean and away from your mouth, wear a mask, and socially distance whenever possible.

### **Hugging a Friend**

Threat Level: 7

- Hugging a friend hello or goodbye becomes dangerous for spreading the virus.
- Only hug a person you know isn't sick or wasn't exposed to the virus
- try to initiate the hug while outside and not around other people.

### **Waiting in Line for To-Go Food**

Threat Level: 7

- waiting in line for to-go food inside a restaurant and close to several people can be dangerous for virus spread
- This is especially true if the people around you aren't wearing masks.

### **Eating Dinner at a Restaurant**

Threat Level: 7

- If social distancing guidelines and mask mandates are followed, you're at a lower risk.
- Outdoor dining is also less dangerous for the spread of COVID-19 than indoor dining.
- At a restaurant, you're putting yourself at risk for coming into contact with infected individuals.

### **Getting a Haircut**

Threat Level: 7

- getting a haircut requires a few up-close-and-personal moments with your stylist, which can be risky for spreading coronavirus.
- ensure your salon and hairdresser are implementing the CDC's best practices, including wearing a face mask at all times.

### **Playing a Team Sport**

Threat Level: 7

- Depending on the sport you're involved in, you may need to be in close proximity with other teammates or opponents from other areas, which can lead to the spread of coronavirus.
- Perform skill-building drills or conditioning at home, alone, or with members of the same household is the safest way to continue practicing your sport during the pandemic,

### **Getting Your Nails Done**

Threat Level: 7

- The biggest risk in a nail salon is going to be sitting close to other people. If they're not wearing masks, face shields, or both, you could potentially be exposed to infection
- If you're worried about contracting the virus, it's best to stick with in-home manicures.

### **Going to the Gym**

Threat Level: 8

- Gyms must place handwashing stations or hand sanitizers with at least 60% alcohol in multiple locations throughout the gym.

- However, if your gym is crowded and proper protocol doesn't seem to be in place, consider working out at home to lower your risk.

### **Going to a Theme Park**

Threat Level: 8

- you're at the highest risk if park operations are open at full capacity with no modifications to allow for social distancing.
- If you're planning to head to a theme park, analyze the park's guidelines first to ensure you feel comfortable with the risk you're taking.

### **Eating at a Buffet**

Threat Level: 8

- At a buffet, you have more chances to interact with other people and if the restaurant is crowded, it can be tough to socially distance.
- You're sharing utensils with other potentially infected people so if you touch your nose or mouth, you may contract the virus.
- it may be best to skip a buffet-style restaurant for a while.

### **Visiting Your Local Bar**

Threat Level: 9

- Bars may not be the safest spot when it comes to spreading COVID-19. If a bar allows patrons to sit near each other, the risk is higher, especially if they've taken off their masks to enjoy a cold one.
- Coronavirus is more easily transmitted at a bar when "seating capacity is not reduced and tables not spaced at least 6 feet apart.

### **Going to Church**

Threat Level: 9

- Before attending church, make sure your establishment is implementing the guidelines suggested by the CDC.
- Social distancing may be tough, especially in a large organization, but it's important to help stop the spread.
- If your church doesn't seem to be following these guidelines, you may want to skip Sunday service for a while.

### **Attending a Sporting Event**

Threat Level: 9

- Most sporting events are held outdoors, which lowers your risk of virus infection.
- However, it's still important to wear your mask and maintain social distancing
- Avoid using restroom facilities or concession areas at high traffic times, such as intermission, half-time, or immediately at the end of the event,

### **Hanging With a Sick Person**

Threat Level: 10

- Do not have plans with a friend or family member who isn't feeling 100%? Cancel.
- your friend may think it's just a hangover or allergies and it's fine to hang out, you're putting yourself at risk
- Refrain from hanging out until you know for sure it's not the virus.