COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

- **Enclosed space**
- **Duration of interaction**
- **Crowds** Density of people + challenges for social distancing
- **Forceful exhalation** Sneezing, yelling, singing, and coughing

### Low
- Walking outdoors
- Staying at home
- Picking up takeout food, coffee, or groceries from stores
- Drinking at home

### Low / Medium
- Running or biking
- Grocery shopping
- Outdoor picnic or porch dining
- Retail shopping

### Medium / High
- Visiting hospital emergency department
- Medical office visit
- Dentist appointment
- Taking a taxi or a ride-sharing service
- Working in an office
- Playing “distanced” sports outside
- Visiting a museum
- Outdoor restaurant dining
- Outdoor picnic or porch dining
- Grocery shopping
- Retail shopping

### Medium
- Exercising at a gym
- Hair/nail salon and barbershops
- Playing “distanced” sports outside

### High
- Indoor party
- Concert
- Bars and nightclubs
- Subway or bus
- Air travel
- Public transportation
- Religious services
- Watching sports
- Movie theater or live theater
- Indoor restaurant or coffee shop
- Visiting hospital emergency department
- Dentist appointment
- Taking a taxi or a ride-sharing service
- Working in an office
- Playing “distanced” sports outside
- Visiting a museum
- Outdoor restaurant dining
- Outdoor picnic or porch dining
- Grocery shopping
- Retail shopping

REOPEN INTELLIGENTLY.
REOPEN SAFELY.