

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 with others, 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 safer than activities where you are close to other people. Distancing is important because most germs cannot travel more than 6 feet from person to person in the air.

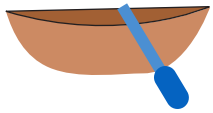
Reduce Your Risk. Wear a Mask.

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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Activity

What are you doing?



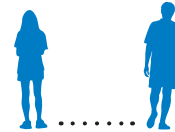
Location

Is the activity outside?



Time

Is the activity 15 minutes or less?



Distance

Can you be 6 feet away the entire time?

Score

0, 1 - Low Risk

2 - Moderate Risk

3 - High Risk

Activity	Location	Time	Distance	Score
Getting Fuel	✓	✓	✓	0
Feeding livestock	✓	✗	✓	1
Going to outdoor sporting event	✓	✗	✓	1
Hiking with friends	✓	✗	✗	2
Gathering traditional foods or medicines with others	✓	✗	✗	2
Attending indoor family gathering with others	✗	✗	✗	3
Going to the casino	✗	✗	✗	3
Attending indoor tribal meeting	✗	✗	✗	3
Playing an indoor sport	✗	✗	✗	3
Eating at a restaurant	✗	✗	✗	3