



My COVID-19 Risk: THINK TWICE

STEP TWO:

Think about the public activity:

- Can you avoid crowds or close interaction with people you do not know?
- Can you always keep 6-foot distance from others?
- Can you always wear a mask? (And can everyone else?)
- Is the activity outdoors?

**NO TO MOST
OR ALL
QUESTIONS**

**NO TO SOME
QUESTIONS**

**YES TO ALL
QUESTIONS**

STEP ONE:

Think about yourself and all the people with whom you have close contact:

- Is everyone under age 60?
- Is everyone healthy, without underlying medical conditions?



**YES TO BOTH
QUESTIONS**

**YES TO ONE
QUESTION**

**NO TO BOTH
QUESTIONS**

		YES TO BOTH QUESTIONS	YES TO ONE QUESTION	NO TO BOTH QUESTIONS
Public Activity Risk	higher	Green	Yellow	Red AVOID NON-ESSENTIAL ACTIVITIES
	NO TO MOST OR ALL QUESTIONS	Green	Yellow	Yellow
	NO TO SOME QUESTIONS	Green	Yellow	Yellow
lower	YES TO ALL QUESTIONS	Green	Green	Green
		lower	Severe Outcome Risk	higher

- Continue COVID-19 precautions
- Consider avoiding non-essential activities
- Avoid non-essential activities

People over 60 and people with underlying medical conditions are more likely to be hospitalized or die if they are infected with COVID-19. No activity that includes interactions with other people is entirely without risk, and younger people without underlying medical conditions can also have severe outcomes from COVID-19. This is meant to serve as a guide to inform personal decision-making.

The risk of infection increases as the number of interactions increases.