

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 total with others over a 24-hour period, 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 safest. Distancing is important because most germs cannot travel more than 6 feet from person to person in the air.

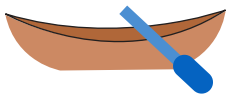
Reduce Your Risk. Wear a Mask.

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?



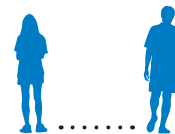
Location

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