

Staying Safe From COVID-19 During Daily Activities

Think About Location, Time, and Distance

- 1. Location.** Is the activity outdoors? Outdoor activities are safer than indoor activities due to better air circulation.
- 2. Time.** How long will you be doing the activity? Try to spend less than 15 minutes total over a 24-hour period with people you do not live with.
- 3. Distance.** Will you be able to stay 6 feet apart? Activities where you are 6 feet apart are safer than activities where you are closer to others.

Wear a Mask.

Everyone should wear a mask over their mouth and nose whether they are inside or outside with others.



Mask fully covers the mouth and nose



Activity

What are you doing?



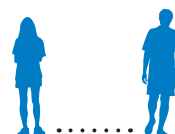
Location

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 - Safest

2 - Less Safe

3 - Least Safe

Activity	Location	Time	Distance	Score
Getting Fuel	✓	✓	✓	Safest
Going on a walk with others	✓	✗	✓	Safest
Harvesting traditional herbs with others	✓	✗	✓	Safest
Visiting friends and family around a campfire	✓	✗	✓	Safest
Shopping for gifts at an indoor store or market	✗	✗	✓	Less Safe
Beading, quilting, or weaving indoors with others	✗	✗	✓	Less Safe
Playing an outdoor sport	✓	✗	✗	Less Safe
Gathering indoors with people you don't live with	✗	✗	✗	Least Safe
Playing an indoor sport	✗	✗	✗	Least Safe
Eating at a restaurant	✗	✗	✗	Least Safe