

How safe is this?

During COVID-19, some things are more risky than others. This chart can help you find out what is safest, so you can make a plan for you and your family to stay protected. No matter where you're going or the activities you do, you are safest when you wear a mask, watch your distance and wash your hands as often as you can.



RISKS	PEOPLE People you spend time with	PLACES Places where you stay or go	AIR The air you breathe	TIME The time you spend	DROPLETS Droplets that spread in the air
LOW →	LOW: Just people in your household (people you live with)	LOW: Your home	LOW: Outdoors	LOW: 15 to 30 minutes outside by yourself.	LOW: Outdoors, by yourself
MEDIUM →	MEDIUM: People in your household and people not in your household within the same bubble.	MEDIUM: Outdoors, six feet apart from people	MEDIUM: Indoors, with windows open	MEDIUM: 15 or more minutes in an indoor space outside of your home.	MEDIUM: Indoors, talking with people you don't live with, six feet apart and wearing a mask.
HIGH →	HIGH: Lots of people outside of your household. What is a bubble? It's a group of six people or less who you don't live with, from no more than two different households.	HIGH: Indoors, not six feet apart from people	HIGH: Indoors with no fresh air	HIGH: More than 15 minutes indoors or outdoors with people you don't live with.	HIGH: Indoors, close to people you don't live with, not wearing a face covering. What is a droplet? COVID-19 spreads through tiny droplets in the air. This can happen when someone who has the virus talks, coughs, sings or sneezes.

Planning for the holidays

LOW: Celebrating at home just with people you live with. Connecting with others by phone or on a video call.

MEDIUM: Outdoors with a small group (six people or less) who you don't live with, wearing masks and six feet apart.

HIGH: Indoors with people you don't live with wearing masks and six feet apart.

HIGHEST: With extended family and friends, without masks.