# COVID-19: REDUCE YOUR RISK
The more low-risk choices you make, the more protection you have from getting or spreading COVID-19.

## SAFEST RISKIEST

### Face Covering
- Everyone is wearing a mask or face covering
- Most wearing masks
- Some wearing masks
- None wearing masks

### Social Distance
- Not engaging in any activity in person; virtual only
- Staying 6 feet or more from others
- Staying under 6 feet from others
- Standing face to face, hugging, shaking hands

### Droplet Spread
- Breathing normally
- Speaking or breathing heavily
- Shouting, yelling or singing
- Coughing or sneezing

### Location
- Outdoors in an open space
- Staying under a shelter (gazebo, covered porch) outdoors
- Large, indoor rooms with good air flow
- Small, indoor rooms with poor air flow

### Food
- Only bringing and touching your own food
- Serving pre-portioned food, using good hand hygiene
- Family style, but using your own serving utensils
- Sharing plates, utensils, and cups

### Groups
- Only household members
- Small groups (two households, under 10 people)
- Large groups over 10 people
- Large gatherings with people from different geographic areas

## SAFEST SAFER, SOME RISK RISKIEST

### Examples
- Staying home with only people you live with
- Small outdoor gathering, keeping at least 6 feet apart
- Singing with a large choir in a small room

### Always Remember
- Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol.
- Stay home if you're feeling any mild symptoms, except to get medical care.

May 26, 2020