

# COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:



**Enclosed space**



**Duration of interaction**



**Crowds**

Density of people + challenges for social distancing



**Forceful exhalation**

Sneezing, yelling, singing, and coughing

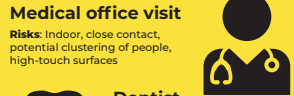


## Medium



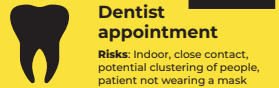
**Visiting hospital emergency department**

Risks: Indoor, potential clustering of people



**Medical office visit**

Risks: Indoor, close contact, potential clustering of people, high-touch surfaces



**Dentist appointment**

Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask



**Taking a taxi or a ride-sharing service**

Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers



**Museum**

Risks: Indoor, close contact/potential clustering of people



**Outdoor restaurant dining**

Risks: Close contact, potential clustering of people, challenge to wear a mask during eating

## Medium / High

**Exercising at a gym**



Risks: Indoor, close contact/potential clustering of people, high-touch surfaces, difficult to wear a mask, high respiratory rate

**Hair/nail salon and barbershops**



Risks: Prolonged close contact, difficult to wear a mask

**Working in an office**



Risks: Indoor, high-touch surfaces, prolonged close contact/potential clustering of people



**Indoor restaurant or coffee shop**

Risks: Indoor, prolonged close contact/potential clustering of people, difficult to wear mask while eating and drinking

## High



**Indoor party**

Risks: Indoor, prolonged close contact/potential clustering of people

Additional risks: alcohol (loss of inhibition), shared joint/pipe (coughing)



**Bars and nightclubs**

Risks: Enclosed space, prolonged close contact/potential clustering of people, high respiratory rate, yelling/projection of voice



**Playing contact sports**

Football, basketball, soccer, etc

Risks: Prolonged close contact/potential clustering of people, high respiratory rate, unable to wear a mask



**Air travel**

Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



**Public transportation**  
Subway or bus

Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



**Religious services**

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, singing/projection of voice



**Concert**

Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice

**Movie theater or live theater**



Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces



**Watching sports**

Risks: Prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice, enclosed space (if indoor)

**REOPEN INTELLIGENTLY.  
REOPEN SAFELY.**

## Low / Medium

**Playing "distanced" sports outside**



Ex. Tennis or golf



**Grocery shopping**

Risks: Indoor, close contact, potential clustering of people, high-touch surfaces



**Retail shopping**

Risks: Indoor, close contact, potential clustering of people

## Low

**Walking outdoors**  
With or without pets

**Staying at home**  
Alone or with members of your household

**Picking up takeout food, coffee, or groceries from stores**  
Risks: Potential crowding

**Running or biking**  
Alone or with another person

Risks: Close contact or potential clustering of people

**Outdoor picnic or porch dining**  
With non-household people and physical distancing

Risks: Potential crowding and activity