

COVID-19: Choosing Safer Activities



Outdoor Activities	Fully Vaccinated People	Unvaccinated People
Walk, run, or bike outdoors with members of your household		
Attend a small, outdoor gathering with fully vaccinated family and friends		
Attend a small, outdoor gathering with fully vaccinated and unvaccinated people		
Dine at an outdoor restaurant with friends from multiple households		
Attend a crowded, outdoor event, like a live performance, parade, or sports event		
Indoor Activities	Fully Vaccinated People	Unvaccinated People
Visit a barber or hair salon		
Go to an uncrowded, indoor shopping center, or museum		
Ride public transport with limited occupancy		
Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households		
Go to an indoor movie theater		
Attend a full-capacity worship service		
Sing in an indoor chorus		
Eat at an indoor restaurant or bar		
Participate in an indoor, high intensity exercise class		

Key to Prevention Steps:

- Safest
- Less Safe
- Least Safe



Prevention measures not needed



Take prevention measures

Fully vaccinated people: Wear a mask.

Unvaccinated people: Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>