**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

**Low**
- Walking outdoors
  - With or without pets
- Running or biking
  - Alone or with another person
- Outdoor picnic or porch dining
  - With members of your household, physical distancing with non-household people
- Grocery shopping
  - Potential crowding
- Playing “distanced” sports outside
  - Ex. Tennis or golf

**Low / Medium**
- Taking a taxi or a ride-sharing service
  - Risks: Exposure to non-household 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
- Visiting hospital emergency department
  - Risk: Indoor, close contact, potential clustering of people, high-touch surfaces
- Hair/nail salon and barbershops
  - Risks: Prolonged close contact, difficult to wear a mask
- Outdoor picnic or porch dining
  - Risks: Potential crowding

**Medium**
- Grocery shopping
  - Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers
- Outdoor picnic or porch dining
  - Risks: Potential clustering of people
- Retail shopping
  - Risks: Indoor, close contact, potential clustering of people
- Museum
  - Risks: Indoor, close contact, potential clustering of people
- Outdoor restaurant dining
  - Risks: Close contact, potential clustering of people, challenge to wear a mask while eating and drinking
- 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
- Visiting hospital emergency department
  - Risk: Indoor, close contact, potential clustering of people, high-touch surfaces
- Hair/nail salon and barbershops
  - Risks: Prolonged close contact, difficult to wear a mask
- Outdoor picnic or porch dining
  - Risks: Potential crowding

**Medium / High**
- Grocery shopping
  - Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers
- Outdoor picnic or porch dining
  - Risks: Potential crowding
- Retail shopping
  - Risks: Indoor, close contact, potential clustering of people
- Museum
  - Risks: Indoor, close contact, potential clustering of people
- Outdoor restaurant dining
  - Risks: Close contact, potential clustering of people, challenge to wear a mask while eating and drinking
- 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
- Visiting hospital emergency department
  - Risk: Indoor, close contact, potential clustering of people, high-touch surfaces
- Hair/nail salon and barbershops
  - Risks: Prolonged close contact, difficult to wear a mask
- Outdoor picnic or porch dining
  - Risks: Potential crowding

**High**
- Grocery shopping
  - Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers
- Outdoor picnic or porch dining
  - Risks: Potential crowding
- Retail shopping
  - Risks: Indoor, close contact, potential clustering of people
- Museum
  - Risks: Indoor, close contact, potential clustering of people
- Outdoor restaurant dining
  - Risks: Close contact, potential clustering of people, challenge to wear a mask while eating and drinking
- 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
- Visiting hospital emergency department
  - Risk: Indoor, close contact, potential clustering of people, high-touch surfaces
- Hair/nail salon and barbershops
  - Risks: Prolonged close contact, difficult to wear a mask
- Outdoor picnic or porch dining
  - Risks: Potential crowding

**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

**Public transportation**
- Subway or bus
  - Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces
- Air travel
  - Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces
- Indoor party
  - Risks: Indoor, prolonged close contact/potential clustering of people
- Additional risks: alcohol (loss of inhibition), shared (pipe/pipe smoking)

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

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