

# Activity Risk Assessment Guide

Reduce the risk of an infectious dosage of COVID-19 by reducing the amount of virus you're exposed to and the length of your exposure.

For a given activity, place a mark on each continuum which best describes that situation. Then, look at all of your responses to assess your total risk. The more higher risk items you identify, the greater your chances of getting an infectious dosage if an infected person is present. Focus on items in the orange and red areas to see what could be done to reduce those risks (e.g. masks or disinfectant; six friends agree to socialize outdoors, bring their own snacks, and stay 10' apart). Also, note that one higher risk might be reduced by a lower risk item. Finally, if you don't want to put yourself or others at risk, then avoid the activity.

