

Coronavirus Riskiest Activities

According to 500+ epidemiologists & health professionals

Risk factors to consider

- **people** how many?
- **space** how close is the contact?
- **time** how long the exposure?
- **location** inside or outside?
- **surfaces** lots of high touch?
- **area** high number of cases?
- **compliance** how likely is compliance?

LOW RISK



MEDIUM RISK



HIGH RISK



INCREASING RISK →

Risk reduced by wearing a mask, social distancing & washing hands

informationisbeautiful

sources: New York Times, Reuters, NPR, SF Gate & others

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

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/potential clustering of people

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

Risks: Potential crowding and activity

When near people, wear a mask



Medium

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

Visiting hospital emergency department
Risks: Indoor, potential clustering of people

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

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

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

High

Indoor party
Risks: Indoor, prolonged close contact/potential clustering of people
Additional risks: Alcohol (loss of inhibition), shared joint/pipe (coughing)

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

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

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

Bars and nightclubs
Risks: Enclosed space, prolonged close contact/potential clustering of people, high respiratory rate, yelling/projecting 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, and high-touch surfaces

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

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

**REOPEN INTELLIGENTLY.
REOPEN SAFELY.**