

# COVID-19: Understanding risky behaviors and activities

By now, most of us know that if we consistently do The Big Three—**wear a mask, keep six feet between us and others, and wash or disinfect our hands frequently**—we’re doing what we can to help lower the risk of catching or spreading COVID-19. But what else can we safely do, and more importantly, what activities carry a high enough risk that we might want to think twice before participating?

We’ve compiled a list using eight different sources, whose research includes input from hundreds of epidemiologists, doctors, task forces, and health experts. The activities are ranked on a zero to ten scale from least to most risky—read through and refer back often as you make (or break) your plans in an effort to maintain good health.

And remember, precautions should be maintained for all activities inside and outside of the home, especially when non-members of your household are present. When considering the relative risk of these activities, keep in mind the factors which can augment their risk, including airflow, ventilation, density of people, and the current number of COVID-19 cases in your area. For example, outdoor activities tend to be safer than indoor ones, especially if there’s a brisk breeze and people are maintaining plenty of physical distance. As well, settings where you cannot control whether others are taking appropriate precautions can increase the degree of risk.

Visit [crossoverhealth.com/covid-19](https://crossoverhealth.com/covid-19) for more resources and information to help prevent, detect, treat, and cope.

Sources: Crossover Health, New York Times, Texas Medical Association, NPR, Reuters, Business Insider, SF Gate, MassLive

LOWER RISK (1-3):	1.5	Tennis
	1.5	Picking up take-out food
	1.5	Letting a friend use your bathroom
	1.5	Sharing a vacation home with another family you know and absolutely trust
	1.5	Bringing in the mail, deliveries, or groceries without using precautions
	2	Putting gas in your car
	2.2	Outdoor exercise
	2.2	Golfing
	3	Camping
	3	Vacationing within driving distance (no flying)
	3.2	Grocery shopping
	3.3	Outdoor dining at a restaurant
	3.4	Beach swimming
	3.5	Visiting a library or museum
	3.5	Using a public restroom
3.5	Staying at a hotel	
MODERATE / MEDIUM RISK (4-7):	4	Spending time in a busy area/downtown
	4	Going to a dentist’s office
	4.1	Sitting in a doctor’s waiting room
	4.1	Seeing a doctor for a non-urgent appointment
	4.6	Attending an outdoor party or backyard barbecue
	4.8	Attending a small indoor dinner party
	4.9	Going to a playground or public pool
	5	Going to a mall
	5	Going to a bowling alley
	5.3	Working in a shared office
	5.4	Sending children on play dates
	6	Going to a casino
	6.4	Getting a haircut or manicure/pedicure
	6.4	Traveling by plane
	6.5	Visiting an elderly relative or friend in their home
	6.6	Sending kids to school, camp, or daycare
	6.9	Eating at a dine-in restaurant
	7	Riding the subway or bus
7	Playing basketball or football	
7.5	Attending a wedding or funeral	
7.5	Hugging and shaking hands	
7.8	Going to a movie theatre	
HIGH RISK (8-10):	8	Eating at a buffet
	8	Exercising in a gym
	8	Spending time with people you don’t know
	8.4	Going to an amusement park
	8.8	Attending church or other group religious services
	9	Not wearing a face covering regularly
	9	Attending a sporting event or concert
	9.2	Going to an indoor bar
9.5	Attending an indoor party or gathering	
10	Going to a nightclub	