COVID-19 RISK INDEX
Know Your Risk During COVID-19

For ALL Activities:
• Stay home when you are sick or if you think you have been exposed
• Wear a mask when feasible
• Keep at least 6 ft between yourself and non-household members
• Wash your hands frequently

Some activities can run the entire risk spectrum. More people in a smaller space equals a higher risk.

LOW RISK
• Opening the mail
• Teleworking from your own home
• Getting takeout from a restaurant
• Pumping gasoline
• Playing tennis
• Going camping with your household or other usual close contacts

HIGH RISK
• Eating at a buffet
• Working out at an indoor gym or fitness center
• Going to an amusement park
• Going to a casino
• Going to a movie theater
• Attending a large music concert
• Going to a sports stadium
• Attending events or services with 50+ people
• Going to a bar

MODERATE-LOW
• Grocery shopping
• Going for a walk, run, hike, or bike ride with your household or other usual close contacts
• Playing golf
• Hanging out with your #quaranteam at their house
• Staying at a hotel
• Sitting in a doctor’s waiting room
• Going to a library or museum
• Eating outside at a restaurant
• Walking in a busy downtown
• Spending time at a playground

MODERATE-HIGH
• Going to a hair salon or barbershop
• Eating inside a restaurant
• Attending a wedding or funeral
• Traveling by plane
• Playing a close contact sport such as basketball or football

MODERATE
• Dinner party at someone’s house with people who are not your usual close contacts
• Attending a backyard barbecue
• Visiting a lake or tubing
• Shopping at a mall
• Sending kids to school, camp, or day care
• Working in an office building
• Swimming in a public pool

For more information, visit: azhealth.gov/COVID19