



























# Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-nCoV/daily-life-coping/participate-in-activities.html>

|            | Unvaccinated People   | Examples of Activities  | Fully Vaccinated People   |
|------------|---|---|---|
|            |   | <b>Outdoor</b>  |   |
| Safest     |    | Walk, run, wheelchair roll, or bike outdoors with members of your household                           |    |
|            |    | Attend a small, outdoor gathering with fully vaccinated family and friends                            |    |
|            |    | Attend a small, outdoor gathering with fully vaccinated and unvaccinated people                       |    |
| Less Safe  |    | Dine at an outdoor restaurant with friends from multiple households                                   |    |
| Least Safe |    | Attend a crowded, outdoor event, like a live performance, parade, or sports event                     |    |
|            |   | <b>Indoor</b>   |   |
| Less Safe  |    | Visit a barber or hair salon  |    |
|            |   | Go to an uncrowded, indoor shopping center or museum  |   |
|            |  | Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households |  |
| Least Safe |  | Go to an indoor movie theater   |  |
|            |  | Attend a full-capacity worship service  |  |
|            |  | Sing in an indoor chorus  |  |
|            |  | Eat at an indoor restaurant or bar  |  |
|            |  | Participate in an indoor, high intensity exercise class   |  |

## Get a COVID-19 vaccine



**Prevention measures not needed**



**Take prevention measures**

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)