

## Is My Family's Behavior Risky?

All activities below assume your family is following health/hygiene, face mask and physical distancing guidelines unless stated otherwise.



## Guidelines & Considerations

Learn what factors to consider and understand the potential risks of traveling or engaging in different activities.

### Travel

### Level of Risk

### Activities

- » Staying at home
- » No exposure to non-household members

## LOWEST

- » Virtual gatherings with family and friends
- » Ordering take-out
- » Shopping online when possible
- » Outdoor activities or sports not sharing equipment with others (e.g. biking, hiking, running, golf)

- » Staying at a rental property with members of your household
- » Traveling in a vehicle with members of your household
- » Bringing your own food when traveling

## LOW

- » Outdoor eating with members of your household — physically distanced from non-household members
- » Camping with members of your household
- » Skiing/snowboarding (following COVID-19 protocols)

- » Staying at a hotel with members of your household
- » Traveling in a vehicle with non-household members — face masks and windows down

## MODERATE

- » After school or extra-curricular activities with non-household members
- » Outdoor gathering — no more than three families

- » Staying in a home with non-household members
- » Traveling in a vehicle with non-household members — no face masks and windows up
- » Traveling by plane, train, or bus — face masks and distancing when possible
- » Traveling out of state or out of the country

## HIGH

- » Indoor gathering with non-household members — with face masks and physically distanced
- » Outdoor gathering — more than three families
- » Outdoor eating — not physically distanced from non-household members
- » Indoor eating at a restaurant — physically distanced from non-household members
- » Physical contact with non-household members (e.g. shaking hands or hugging)

- » Traveling by plane, train, or bus — no face masks and not physically distanced

## HIGHEST

- » Indoor gatherings with non-household members — no face masks and not physically distanced
- » Indoor eating at a restaurant — not physically distanced from non-household members

