

LIMIT YOUR RISK OF GETTING COVID-19

During COVID-19, some things are more risky than others. This chart can help you find out what is safest, so you can make a plan for you and your family to stay protected.

Risks	People People you spend time with	Places Places where you stay or go	Air The air you breathe	Time The time you spend	Droplets Droplets that spread in the air
Low →	LOW: People you live with	LOW: Your home	LOW: Outdoors	LOW: 15 to 30 minutes outside by yourself	LOW: Outdoors, by yourself
Medium →	MEDIUM: People you live with and people not in your household within the same bubble	MEDIUM: Outdoors, six feet apart from people	MEDIUM: Indoors, with windows open	MEDIUM: 15 minutes or less in an indoor space outside of your home	MEDIUM: Indoors, talking with people you don't live with, six feet apart and wearing a mask
High →	HIGH: Lots of people outside of your household	HIGH: Indoors, not six feet apart from people	HIGH: Indoors with no fresh air	HIGH: More than 15 minutes indoors or outdoors with people you don't live with	HIGH: Indoors, close to people you don't live with, not wearing a mask

What is a bubble?

A group of six people or fewer who don't live with you, from no more than two different households.

What is a droplet?

COVID-19 spreads through tiny droplets in the air. This can happen when someone who has the virus talks, coughs, sings or sneezes.

No matter where you're going or the activities you are doing, you are safest when you do the following:

- ✓ Watch your distance.
- ✓ Wear a mask.
- ✓ Wash your hands as often as you can.

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