



# COVID-19



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

## Choosing Safer Activities

Updated Apr. 27, 2021

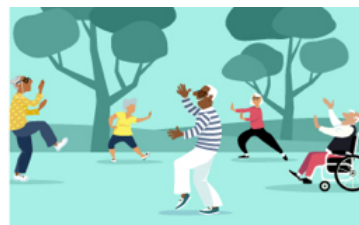
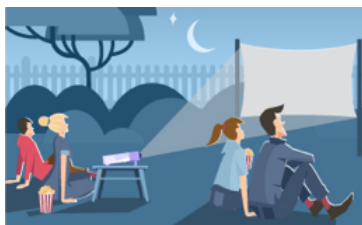
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### What You Need to Know

- If you are fully vaccinated, you can start doing many things that you had stopped doing because of the pandemic.
- When choosing safer activities, consider how COVID-19 is spreading in your community, the number of people participating in the activity, and the location of the activity.
- Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events safely, without much risk.
- If you haven't been vaccinated yet, find a vaccine.

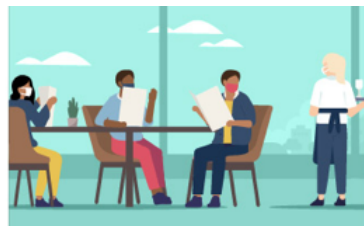
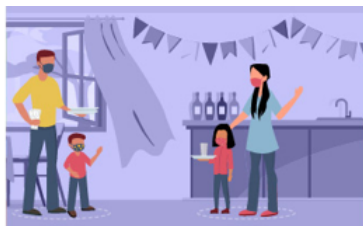
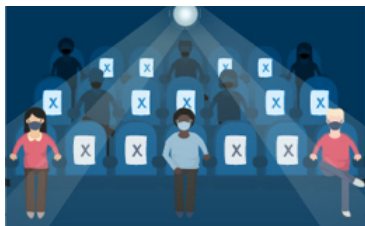















## Outdoor Activities



Your Activity	Fully Vaccinated People	Unvaccinated People
Walk, run, 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		
Dine at an outdoor restaurant with friends from multiple households		
Attend a crowded, outdoor event, like a live performance, parade, or sports event		

## Indoor Activities



Your Activity	Fully Vaccinated People	Unvaccinated People
Visit a barber or hair salon	 Safest	 Less Safe
Go to an uncrowded, indoor shopping center or museum	 Safest	 Less Safe
Ride public transport with limited occupancy	 Safest	 Less Safe
Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	 Safest	 Less Safe
Go to an indoor movie theater	 Safest	 Least Safe
Attend a full-capacity worship service	 Safest	 Least Safe
Sing in an indoor chorus	 Safest	 Least Safe

Eat at an indoor restaurant or bar



Participate in an indoor, high intensity exercise class



## Key to Prevention Steps



Prevention measures not needed



Take prevention measures

- **Fully Vaccinated People:** Wear a mask.
- **Unvaccinated People:** 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.

## More Information

[When You've Been Fully Vaccinated](#)

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[Getting Your Vaccination](#)

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[Find a Vaccine](#)

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)