



COVID-19

Participate in Outdoor and Indoor Activities

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If you want to spend time with people who don't live with you, outdoors is the safer choice! You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks.

Why Outside is a Safer Choice

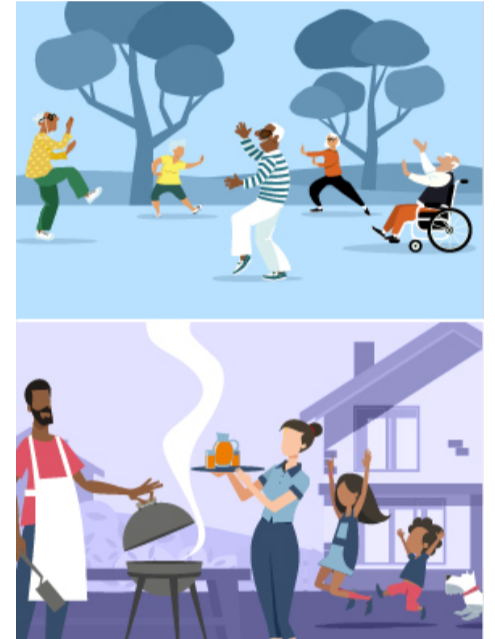
COVID-19 spreads more easily indoors than outdoors. Studies show that people are more likely to be exposed to COVID-19 when they are closer than 6 feet apart from others for longer periods of time.

You are **more likely to be exposed** to COVID-19 when you

- Attend crowded, poorly ventilated indoor events
- Have close contact with infected people at home

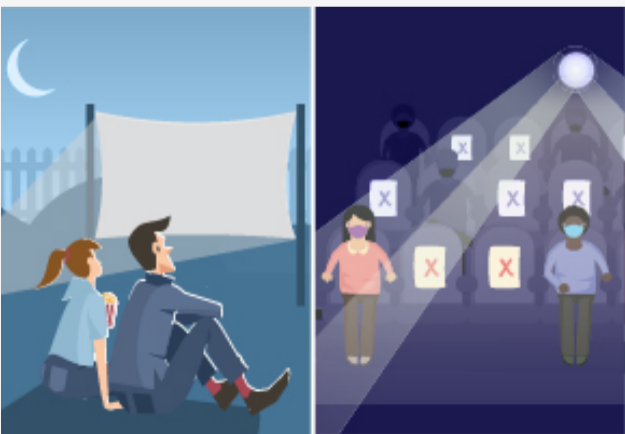
You are **less likely to be exposed** to COVID-19 when you

- Attend outdoor activities
- Stay at least 6 feet apart
- Limit the amount of time spent with people who don't live with you



Outdoor and Indoor Activities

Activity	Safer - Outdoor Activities	Less Safe - Indoor Activities
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- Outside, at least 6 feet apart
- If you can't stay at least 6 feet apart from people who don't live with you, wear your mask.

- Inside, at least 6 feet apart
- Well ventilated room
- Wearing mask



Exercise

- Run, walk, or bike at your neighborhood park
- Hike on local trails

- Exercise at a fitness center
- Walk around the mall during off hours



- Take your dog for a walk around the neighborhood
- Participate in an outdoor yoga class
- Work in the garden
- Attend a class at a yoga studio
- Swim at your local pool

Restaurants



- Pick up curbside meals
- Get food delivered
- Eat outside at a restaurant where the tables are at least 6 feet apart
- Eat inside at a restaurant

Visiting or hosting people who don't live with you



- Have a picnic at a park
- Play kickball in a friend's backyard
- Roast marshmallows by a firepit
- Have an outdoor barbeque
- Watch movies
- Play games
- Chat with your friends

Entertainment



- Go to a drive-in
- Listen to an outdoor concert from your car
- Create your own outdoor movie party
- Watch a movie at a theater
- Watch a musical performance
- Watch a play

Things you can do to be safer

- **Wear a mask** consistently and correctly over your nose and mouth
 - If you are not **fully vaccinated** and aged 2 or older, you should wear a mask in indoor public places.
 - If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area **of substantial or high transmission**.
 - In general, you do not need to wear a mask in outdoor settings.
 - In areas with **high numbers of COVID-19 cases**, consider wearing a mask in crowded outdoor settings and for activities with **close contact** with others who are not fully vaccinated.

- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- [Stay at least 6 feet apart](#) from people who don't live with you
- [Avoid crowds](#)
- [Avoid places that are poorly ventilated or crowded](#)
- [Wash your hands](#)

More Information

[Small and Large Gatherings](#)

[Holiday Celebrations](#)

[Families with Vaccinated and Unvaccinated Members](#)

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