Physical distancing is our best tool to prevent the spread of COVID-19.

Wearing a mask may protect others if you are unable to maintain physical distancing (6 feet apart). The following guidance can help you navigate your community when you are ready to get out.

### Low Risk
- Gathering with a single, exclusive circle of trusted friends and family
- Attending virtual public events
- Exercising at home or outdoors in non-crowded places with members of household or exclusive circle of friends
- Ordering food for takeout, delivery, drive-thru or curbside pickup
- Sharing food with members of household or exclusive circle of friends
- Kids from same household or exclusive circle of friends playing together indoors or outdoors

### Medium Risk
- Gathering with friends outdoors while maintaining physical distance
- Attending outdoor public gatherings (athletics, concerts, meetings, church services, movie theaters) while maintaining physical distance
- Outdoor group exercise or non-contact team sports while maintaining physical distance
- Dining at a restaurant or bar outdoors with physical distancing and staff wearing masks
- Sharing individually pre-packaged food outside of household
- Kids playing together in outdoor play areas while maintaining physical distance

### High Risk
- Gathering with friends indoors
- Attending indoor public gatherings (athletics, concerts, meetings, church services, movie theaters)
- Exercising at a gym, indoor recreational facility, or engaging in contact sports
- Dining at a restaurant or bar indoors
- Dining at a buffet or hosting a potluck-style gathering
- Kids playing together in indoor playgrounds, arcades, or other close contact activities