

# ASSESSING YOUR SOCIAL ACTIVITIES OUTSIDE THE WORKPLACE



## Understand Your Risks

In many [Fact Sheets](#) published by the CDC, medical experts report that COVID-19 is primarily spread from person to person by coming into close contact (6 feet or two arm lengths) with a person who has COVID-19. Certain activities and events increase one's risk when this distance is compromised. On a scale of 1 to 10, assess what precautions you need to take as you expose yourself to activities with a greater risk of transmitting COVID-19.

Five factors when considering how risky a given activity might be:

- ◆ Whether inside or outside
- ◆ Proximity to others
- ◆ Exposure time
- ◆ The likelihood of compliance
- ◆ Personal risk level

*This guide was compiled from various [medical surveys](#), the [TMA](#) and other research sources. For the latest news on COVID-19, visit [CDC.gov](#).*

*Video: [Activities Ranked by Risk of Coronavirus](#)*

