

COVID-19: REDUCE YOUR RISK

The more low-risk choices you make, the more protection you have from getting or spreading COVID-19.

LEAST RISKY

RISKIEST



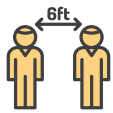
FACE COVERING

Everyone is wearing a mask or face covering

Most wearing masks

Some wearing masks

No one wearing masks



SOCIAL DISTANCE

Not engaging in any activity in-person; Only virtual

Staying 6-feet or more from others

Staying under 6-feet from others

Standing face-to-face, hugging, shaking hands



DROPLET SPREAD

Breathing normally

Speaking or breathing heavily

Shouting, yelling or singing

Coughing or sneezing



LOCATION

Outdoors in an open space

Staying under a shelter (gazebo, covered porch) outdoors

Large, indoor rooms with good airflow

Small, indoor rooms with poor airflow



FOOD

Only bringing and touching your own food

Serving pre-portioned food, using good hand hygiene

Family style, but using your own serving utensils

Sharing plates, utensils and cups



GROUPS

Only household members

Small groups (two households under 10 people)

Large groups over 10 people

Large gatherings with people from different geographic areas



LEAST RISKY

Staying home with only people you live with



SOME RISK

Small outdoor gathering, keeping at least 6-feet apart



RISKIEST

Singing with a large choir in a small room

AND ALWAYS REMEMBER!

Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol

Stay at home if you're feeling any mild symptoms, except to get medical care

Wear a mask!



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