Know Your COVID-19 Risk

**Breakrooms**

- Eat by yourself
- Eat outdoors and maintain more than 6 feet apart from others
- Remove your face mask to eat and drink only
- Wash your hands before and after eating

**Best Practices**

- Eating indoors with one other person while maintaining more than 6 feet apart and having a window opened
- Not having face mask on even after eating

**Moderate Risk**

- Eating indoors with others in a poorly ventilated space
- Maintaining less than 6 feet apart when indoors or outdoors
- Keeping face mask off for long periods of time
- Eating with multiple people from different households, especially indoors

**High Risk**

- Eat by yourself
- Eat outdoors and maintain more than 6 feet apart from others
- Remove your face mask to eat and drink only
- Wash your hands before and after eating

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