Know Your COVID-19 Risk

Exercise

Outdoors

- On your own or with a household member
- Keep distance from others (The more the better!)
- Wear a face covering before and after exercising

Best Practices

Moderate Risk

Outdoors

- With people from different households and 6 feet apart
- Wear a face covering before and after exercising

Very High Risk (and prohibited)

Indoors

- With people from different households
- With shared equipment and surfaces

sccgov.org/coronavirus