

# 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



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

### Moderate Risk



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

### Very High Risk (and prohibited)

