

Activities that Pose Higher Risk of Exposure to COVID-19

Risk increases with larger crowds and/or with singing and chanting and where it's difficult to stay spaced at least 6ft apart. The longer people are together in these situations, the higher the risk. Weddings, festivals and parades are examples. Included herein are activities from multiple sources that have been deemed activities that put those at higher risk of contracting or spreading COVID-19, but are not limited to:

- **Attending a large music concert**
- **Going to a hair salon or barbershop (close contact for >15 minutes)**
- **Commercial Air Travel (not specifically due to the aircraft itself, as they have hospital grade ventilation and filtration systems aboard the aircraft but all the interactions leading up to, during, and after travel)**
- **Going to a sports stadium**
- **Going to an amusement/theme park**
- **Attending a religious service**
- **Going to a bar**
- **Going on a cruise**
- **Going to a crowded beach**
- **Going to the gym**
- **Eating indoors at a restaurant or buffet**
- **Playing high- or full-contact sports (i.e. football, basketball)**
- **Going to casinos**
- **Going to a movie theater**
- **Other Large gatherings (Weddings, Parades, Rallies, Festivals)**
- **Summer camp activities (mostly applicable to children, but they could bring the virus home to parents and other household members)**
- **Playgrounds**

RESOURCES:

1. **CDC** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>
2. **Mayo Clinic** <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385>
3. **Harvard Medical** <https://news.harvard.edu/gazette/story/2020/05/you-can-have-outdoor-fun-in-the-covid-era-but-keep-your-distance/>
4. **Hartford Healthcare** <https://hartfordhealthcare.org/about-us/news-press/news-detail?articleid=26936&publicid=395>
5. **ID Society of America** <https://www.idsociety.org/globalassets/idsa/public-health/covid-19/activity-risk.pdf>
6. **Texas Medical Association** <https://www.texmed.org/TexasMedicineDetail.aspx?Pageid=46106&id=54216>