

COVID-19 Risk Level By Activity in Saint Paul Island

	Activity	Requirements/Recommendations/Suggestions
LOW	Walk/bike/hike outside	Can be with a friend, but stay 6 feet apart
	Getting gas	Hand sanitize after touching surfaces
LOW-MEDIUM	BBQ outside with friends	Keep 6 feet from others, keep groups small, no utensils or food sharing
	Grocery shopping	Keep 6 feet from others, wear masks, hand sanitize after touching surfaces
	Trip to post office	Keep 6 feet from others, wear masks, hand sanitize after touching surfaces
MEDIUM	Kids playing together outside	Keep groups small, no food sharing, wear masks if playing closely together
	Extended family dinners	Keep groups small, keep distance when possible
MEDIUM-HIGH	Softball/outdoor sports	Stay 6 feet apart when possible, hand sanitize after batting/pitching, don't touch face, umpires wear masks
	Visit elderly parents or friends who are high-risk for COVID	Don't visit if you have symptoms, have been exposed, or may be sick. Avoid physical contact, meet outside if possible.
	Gym	Sanitize equipment before and after use, wear masks if others are present and keep distance
HIGH	Church	Stay 6 feet away from others, wear masks
VERY HIGH	Indoor parties	Use well-ventilated spaces or move outdoors so people can distance
	Large gatherings/dense crowds	Wear masks and social distance as much as possible