

MINIMIZE

YOUR COVID19 RISK

KNOW YOUR RISK
AND HOW TO LOWER IT

Summer is here. All activities out of the house have some level of risk. Know before you go, and find ways to lower your risk when you venture out.



**For all out of the house activities:
Wash hands frequently. Keep 6 ft apart.
Wear a mask.**

COVID19 exposure is influenced by

TIME



Lower your exposure by decreasing your time spent with others outside of your house.

SPACE



Lower your exposure by increasing the space between you and others when outside of your house.

PEOPLE



Lower your exposure by decreasing the number of people you are around when you are outside of your house.

PLACE



Lower your exposure by having your activities outdoors, or increase the ventilation in indoor settings.

References at
michaelalindahl.com

MICHAELA
LINDAHL
& ASSOCIATES

LARGE INDOOR GATHERINGS



HIGH
Religious
services,
going out to
eat, weddings

Limit your RISK
Limit TIME. Limit to 10
PEOPLE. Don't share
items or touch
surfaces. Keep 6 ft of
SPACE. Wear a mask.

VACATION TRAVEL



MODERATE
Local car trip,
distant car
trip, staying in
a hotel

Limit your RISK
Limit TIME & PEOPLE in
shared spaces. Know
exposure of PEOPLE you
are visiting.

VISITING NON-ESSENTIAL SERVICES



HIGH
A hair cut, nail
salon, indoor
gym or retail

Limit your RISK
Limit TIME. Don't
touch items.
Wipe surfaces.
Wear a mask

LARGE OUTDOOR GATHERINGS



MODERATE
Weddings,
summer BBQ,
pool party

Limit your RISK
Limit TIME. Limit to 10
PEOPLE. Don't share
items or touch surfaces.
Keep 6 ft of SPACE.
Wear a mask.

GETTING OUTDOORS



LOW
Walking,
jogging, visiting
a park, or
camping

Limit your RISK
Keep 6 ft of SPACE.
Wear a mask.
Limit camping to
family.

LARGE INDOOR GATHERINGS



HIGH

**Religious services, going out
to eat, weddings**

WHY: Documented transmission of COVID19 from indoor services have resulted in hospitalizations and death. Asymptomatic people can and do spread COVID19, especially in close contact, poor ventilation, and extended periods of time. Gatherings where folks cannot wear a mask due to eating increases exposure.

**Limit your
RISK**

**Limit TIME. Limit to 10
PEOPLE. Don't share items
or touch surfaces. Keep 6
ft of SPACE. Wear a mask.**

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PEOPLE

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PLACE

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VISITING NON-ESSENTIAL SERVICES



HIGH

**A hair cut, nail salon,
indoor gym or retail**

WHY: Numerous people have been exposed through hair salons over several weeks. Indoor gyms surfaces are known carriers for communicable diseases.

**Limit your
RISK**

**Limit TIME.
Don't share items.
Wipe down surfaces.
Wear a mask.**

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LARGE OUTDOOR GATHERINGS



MODERATE

**Weddings,
summer BBQ, pool party**

WHY: Asymptomatic people can and do spread COVID-19, especially in close contact, and extended periods of time. Gatherings where folks cannot wear a mask due to eating increases exposure of COVID-19. COVID-19 can remain on surfaces for up to several days (plastic & metal). Exposure of COVID-19 is reduced by outdoor conditions and air flow.

Limit your RISK

**Limit TIME. Limit to 10 PEOPLE.
Don't share items or touch
surfaces.
Keep 6 ft of SPACE.
Wear a mask.**

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LARGE OUTDOOR DEMONSTRATIONS



MODERATE

**Outdoor marches,
rallies, protests**

WHY: Asymptomatic people can and do spread COVID-19, especially in close contact, and extended periods of time. Yelling and cheering will increase droplet exposure. Tear gas can cause uncontrollable coughing which can spread to a large area quickly. Exposure of COVID-19 is reduced by outdoor conditions and air flow.

Limit your RISK

**Wear a mask.
Keep 6 ft or more of SPACE.
Limit crowded march and opt
for sidelines.
Use noise makers, pre-record
chants, or do silent protests.**

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#michaelalindahIRN

VACATION TRAVEL



MODERATE Local car trip, distant car trip, staying in a hotel

WHY: Asymptomatic people can and do spread COVID19, especially in close contact, poor ventilation, and extended periods of time. Know the exposure of anyone you are visiting. Avoid visiting vulnerable people. Minimize stops with large numbers of people during travel.

Limit your RISK

Limit TIME & PEOPLE in shared spaces. Know exposure of PEOPLE you are visiting. Wear a mask.

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GETTING OUTDOORS



LOW

**Walking, jogging, visiting
a park, or camping**

WHY: The increased airflow outdoors keeps COVID-19 exposure lower. In addition, COVID-19 is made inactive by UV in sunlight, and may be impacted by temperature and humidity.

**Limit your
RISK**

**Keep 6 ft of SPACE.
Wear a mask.
Limit camping to family.**

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