

What to consider before you go out

As communities and businesses start to open up, you may be looking for ways to resume some daily activities as safely as possible. Currently, there will always be a risk of infection, but it is important to understand those potential risks and how to adopt different prevention measures to protect yourself and to reduce the spread of COVID-19.

Before you go out, it is important for you to consider your own personal situation and the risk for you, your family, and your community. Ask yourself these questions to determine your level of risk:

- Is COVID-19 spreading in my community?
- Will I have close contact with someone who is sick or anyone who is not wearing a face covering?
- Am I at increased risk of illness?

Items to take with you, if you decide it is safe to venture out:

1. A cloth face covering
2. Tissues
3. Hand sanitizer with at least 60% alcohol

Avoid the "Three C's":

1. Closed spaces with poor ventilation.
2. Crowded places with many people nearby.
3. Close-contact settings such as close-range conversations.

One of the ways we can prevent the spread of COVID-19 is by avoiding the occurrence of clusters. A cluster occurs when the "Three C's" overlap in daily life. Activities are safer if you can maintain at least 6 feet of space between you and others. We want to avoid closed, crowded, and close-contact spaces.

In addition to the "Three C's" you should also focus on the "Three W's":

1. Wear a mask.
2. Watch your distance. Stay 6 feet apart from those not in your household.
3. Wash your hands.

Example of when to wear a mask and when not to wear a face covering:

NECESSARY to wear a face covering

- Grocery store
- Pharmacy
- Doctor's office
- Visiting with neighbors and friends from a 6 foot distance
- Riding the bus, taxi, or ride share
- Hiking, biking, or walking on a street that is crowded

UNNECESSARY to wear a face covering

- Inside your house
 - *if no family members or roommates are showing symptoms
- Spending time in your own yard
 - *if you have a private porch or lawn to maintain distance
- Going for a walk in your neighborhood
 - *if you can keep a 6 foot distance
- Hiking or biking on an uncrowded path

Reference:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html?deliveryName=USCDC_2067-DM31064

Source:

Natalie Jones, Family Health Extension Specialist