Choosing Safer Activities

What You Need to Know

- If you are fully vaccinated, you can start doing many things that you had stopped doing because of the pandemic.
- When choosing safer activities, consider how COVID-19 is spreading in your community, the number of people participating in the activity, and the location of the activity.
- Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events safely, without much risk.
- If you haven't been vaccinated yet, find a vaccine.

Outdoor Activities

<table>
<thead>
<tr>
<th>Your Activity</th>
<th>Fully Vaccinated People</th>
<th>Unvaccinated People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk, run, or bike outdoors with members of your household</td>
<td><img src="select" alt="Select" /></td>
<td><img src="select" alt="Select" /></td>
</tr>
<tr>
<td>Attend a small, outdoor gathering with fully vaccinated family and friends</td>
<td><img src="select" alt="Select" /></td>
<td><img src="select" alt="Select" /></td>
</tr>
</tbody>
</table>
Fully vaccinated family and friends

- Attend a small, outdoor gathering with fully vaccinated and unvaccinated people
- Dine at an outdoor restaurant with friends from multiple households
- Attend a crowded, outdoor event, like a live performance, parade, or sports event

### Indoor Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fully Vaccinated People</th>
<th>Unvaccinated People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit a barber or hair salon</td>
<td>Safe</td>
<td>Safe</td>
</tr>
<tr>
<td>Go to an uncrowded, indoor shopping center or museum</td>
<td>Safe</td>
<td>Less Safe</td>
</tr>
<tr>
<td>Ride public transport with limited occupancy</td>
<td>Safe</td>
<td>Less Safe</td>
</tr>
<tr>
<td>Attend a small, indoor gathering of fully vaccinated and unvaccinated</td>
<td>Safe</td>
<td>Less Safe</td>
</tr>
<tr>
<td>people from multiple households</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Go to an indoor movie theater

Attend a full-capacity worship service

Sing in an indoor chorus

Eat at an indoor restaurant or bar

Participate in an indoor, high intensity exercise class

Key to Prevention Steps

Prevention measures not needed

Take prevention measures

- **Fully Vaccinated People:** Wear a mask.
- **Unvaccinated People:** Wear a mask, stay 6 feet apart, and wash your hands.

Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).

CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

More Information

- **When You've Been Fully Vaccinated**
- **Getting Your Vaccination**
- **Find a Vaccine**