Choosing Safer Activities



Safest



Participate in an indoor, high intensity exercise class



Get a COVID-19 vaccine



Prevention measures not needed

| Take prevention measures

Fully vaccinated people: wear a mask <u>Unvaccinated people</u>: 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.