

# KNOW YOUR RISK



**CORONAVIRUS SPREADS**  
mostly by droplets in the air from people talking, coughing, or sneezing.

## STAY SAFE

### REMEMBER:



SPACE



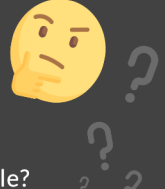
PEOPLE



TIME

### ASK YOURSELF

- ➔ Will I be mostly inside or outside?
- ➔ How many people will I be around?
- ➔ Can I keep 6 feet away from others?
- ➔ How long will I be around other people?



**LOWEST RISK:**  
Home alone or  
with housemates



**MEDIUM RISK:**  
Outdoor activities,  
few people



**HIGHER RISK:**  
Outdoor  
gatherings



**HIGHEST RISK:**  
Indoor  
gatherings

## HIGH RISK HOT SPOTS

### RESTAURANTS

- Eat outside if you can.
- Keep your distance.
- Avoid salad bars and buffets.
- Wear a mask when you're not eating or drinking.



### PUBLIC BATHROOMS

- Wear a mask.
- Avoid hand dryers. Use a paper towel instead.
- Stay at least 6 feet apart.
- Get in and out fast!



### OFFICES

- Zoom or Skype when possible.
- Wear a mask.
- Take the stairs, not the elevator.
- Disinfect your desk often.



### BIRTHDAY PARTIES, WEDDINGS, FUNERALS

- Try using Zoom or Skype.
- Invite just a few guests.
- Gather outside if you get together.
- Wear masks.



### BARBERS, HAIR & NAIL SALONS

- Call ahead and ask about their safety rules.
- Wear a mask. Make sure all staff wear them, too.
- Skip the blow-dry. It may spread virus particles.



## DON'T FORGET

Check your state's COVID-19 updates to know the current risk.



Wear a mask.



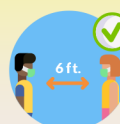
Wash hands.



Don't touch  
your face.

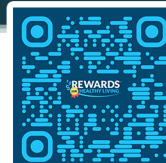


Stay home as  
much as you can.



Keep your  
distance.

### REGISTER TODAY!



**Still need to sign up?**  
Go to [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com)  
and follow the instructions on the screen.

**Already registered?**  
Login now: [rewardsforhealthyliving.com](https://rewardsforhealthyliving.com)