

# The spread of COVID-19 can be broken down into four factors: TIME, SPACE, PEOPLE & PLACE.



Keeping these factors in mind can help you assess your risk while participating in activities.

## Minimizing the Risk of COVID-19

- Limit capacity, especially indoors
- Social distance from others (6 feet)
- Avoid crowded areas
- Choose outside activities vs. inside (dining, worship services, etc.)
- Don't share food/drink, cups or utensils with others; bring your own or use disposable items at outdoor gatherings
- Wear a cloth or disposable mask in public areas
- Wash hands often or use hand sanitizer with 60% alcohol

Singing, yelling/shouting and close contact **increase** the risk of contracting COVID-19.