

COVID-19 RISK INDEX

Know Your Risk During COVID-19

Always wear a mask
when in public

Risk level	Activity <i>On a scale of 1 to 10, how risky is...</i>	
1	Opening the mail	LOW RISK
1	Teleworking from your own home	
2	Getting takeout from a restaurant	
2	Pumping gasoline	
2	Playing tennis	
2	Going camping with your household or other usual close contacts	MODERATE-LOW
3	Grocery shopping	
3	Going for a walk, run, hike, or bike ride with your household or other usual close contacts	
3	Playing golf	MODERATE RISK
4	Hanging out with your #quaranteam at their house	
4	Staying at a hotel	
4	Sitting in a doctor's waiting room	
4	Going to a library or museum	
4	Eating outside at a restaurant	
4	Walking in a busy downtown	
4	Spending time at a playground	
5	Dinner party at someone's house with people who are not your usual close contacts	MODERATE-HIGH
5	Attending a backyard barbecue	
5	Visiting a lake or tubing	
5	Shopping at a mall	
6	Sending kids to school, camp, or day care	HIGH RISK
6	Working in an office building	
6	Swimming in a public pool	
7	Going to a hair salon or barbershop	HIGH RISK
7	Eating inside a restaurant	
7	Attending a wedding or funeral	
7	Traveling by plane	
7	Playing a close contact sport such as basketball or football	
8	Eating at a buffet	HIGH RISK
8	Working out at an indoor gym or fitness center	
8	Going to an amusement park	
8	Going to a casino	
8	Going to a movie theater	
9	Attending a large music concert	HIGH RISK
9	Going to a sports stadium	
9	Attending events or services with 50+ people	
9	Going to a bar	

For more information, visit:
azhealth.gov/COVID19



ARIZONA DEPARTMENT
OF HEALTH SERVICES