

# Choosing Safer Activities

Adapted from the CDC guide: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
<b>Outdoor</b>			
Safest		Attend a small, outdoor gathering with fully vaccinated family and friends	
Less Safe		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
		Dine outdoors with people from multiple households	
Least Safe		Attend a crowded, outdoor event	
<b>Indoor</b>			
Less Safe		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Take communion in a socially distanced worship service	
		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in a worship service	
		Have fellowship hour with food	
		Participate in an indoor, high intensity exercise class	

## Get a COVID-19 Vaccine



Prevention measures not needed



Take prevention measures  
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.



**Baltimore-Washington Conference**  
The United Methodist Church

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