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

**TIME**
How long you will you be in a place?
More time sitting in one place → higher risk.

**SPACE**
How much space will be around you?
Less space → higher risk.

**PEOPLE**
How many people will be around you?
More people → higher risk.

**PLACE**
What type of place are you going to?
Indoor places → higher risk.

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 face coverings 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.