Self Check

- I am 13 years or older
- I have no symptoms of COVID-19
- I understand this risk calculator is an estimate and does not replace medical advice
- My activity is taking place in the United States

Next

Activity Location?

02906

Search

Activity Level

- Resting
- Standing
- Light Exercise
- Heavy Exercise

Next

What's my risk?

Low Risk

Good choice! This is a great way to spend time. By following a few simple steps, you can make this activity even safer for you and others.

Lower my risk

See how risk is calculated

Wear a Mask

- 1 layer
- 2 layers
- loosely woven
- tightly woven
- Homemade
- Surgical
- N95

Start over

My Risk

Congratulations!

You lowered your risk to Very Low Risk

Learn more