

RISKS and BENEFITS

CONSIDERATIONS FOR SOCIAL ACTIVITIES DURING COVID-19



FOR ALL ACTIVITIES

- Stay home when you are sick or if you think you have been exposed.
- Wear a mask when feasible.
- Keep at least 6 feet between yourself and non-household members.
- Clean your hands frequently.



PARTIES
HOME/FARM EXPOS
REC. SPORTS
CHURCH SERVICES
SCHOOL EVENTS
HOLIDAY PARTIES

Some activities can run the entire risk spectrum. More people in a smaller space equals a higher risk.

There is no way to ensure zero risk of COVID-19 infection for individuals in their day-to-day lives. Whether deciding to attend a community event or going to a holiday party, individuals must weigh the benefits of attending or participating to a person's social, emotional, and physical needs with the health risks to yourself and others. An important factor to consider is whether COVID-19 is spreading in the community. Individuals should look at the most recent case data, trends, and hospital capacity data available at covid.sd.gov to guide decisions.

Activity	Risk	Considerations
Camping, fishing, and hunting	Lower	<p>Lowest if you are with your household contacts.</p> <ul style="list-style-type: none"> • Plan well to avoid unanticipated stops and interactions. • Respect the community and follow local guidelines and restrictions. • Information from South Dakota Department of Game, Fish and Parks
Outdoor exercise and recreation <i>(snow shoeing, skiing, ice skating walking, etc.)</i>	Lower	<p>Outdoor activity is generally lower risk, and passing by people briefly is lower risk.</p> <ul style="list-style-type: none"> • The more people the greater the risk, so try to find less crowded areas and times. • Guidance for outdoor recreation
Recreational sports <i>(football, basketball, hockey, wrestling, soccer, etc.)</i>	Lower to higher	<p>It depends on the sport and the practices.</p> <ul style="list-style-type: none"> • By their nature, many sports involve close contact with others so there is some additional risk. • Guidance and FAQs for playing youth sports.
Events and gatherings <i>(weddings, movie theaters, funerals, tailgating, concerts, home/farm expos, school sporting/fine arts events, holiday parties, etc.)</i>	Lower to higher	<p>Imagine a volume knob. As you turn the knob up on the number of people, the sharing of items, and the closeness of people, the risk goes up.</p> <ul style="list-style-type: none"> • Lowest risk: Virtual only activities, events, and gatherings. • More risk: Smaller and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart, wear masks, do not share objects, and come from the same local area (community, town, city or county). • Higher risk: Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from multiple areas. • Highest risk: Large, in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from multiple areas.

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Shopping	Lower to medium	<p>Depends on whether the shopping is indoors or outdoors. It can be hard to maintain distance. Others may not wear masks.</p> <ul style="list-style-type: none"> Go with a list, and take advantage of less-crowded hours. Stores often offer hours for higher-risk individuals and have guidelines to follow. Guidance for errands
Swimming	Medium	<p>It's not the water, it's the other people. It may be hard to maintain distance at the pool.</p> <ul style="list-style-type: none"> Strategize ways to avoid common areas and maintain distance. Wear a mask when possible and bring an extra mask in case one gets wet. Masks should not be worn while swimming; cloth face coverings can be difficult to breath through when wet. Guidance for visiting pools
Dining out	Medium to higher	<p>Check the restaurant's COVID-19 prevention practices before you go.</p> <ul style="list-style-type: none"> To reduce risk, choose restaurants where wait staff are wearing masks and there is limited seating to prevent overcrowding. Make reservations so you don't have to wait for a table. Don't linger or mingle with other parties and wear your mask if you need to get up to use the restroom and when coming and going. Guidance for restaurants
Travel	Medium to higher	<p>Travel increases your chances of getting and spreading COVID-19. Consider the risks of travel and the people you may encounter getting there. Car and RV travel with household members is lowest risk but requires stops along the way for gas, food, or bathroom breaks where you and your traveling companions will come into contact with others and frequently touched surfaces. While the virus does not spread easily on flights because of the way air is circulated and filtered, viruses on high-touch surfaces, in terminals and on airplanes can increase the risk of exposure.</p> <ul style="list-style-type: none"> Bring hand sanitizer and disinfecting wipes. Bring a cloth face covering to wear in public places. Check restrictions in the places you are traveling to. Check cancellation policies. Visit CDC's travel website for more information.
Places of worship	Medium to higher	<p>Services may involve activities that could be higher-risk, like singing.</p> <ul style="list-style-type: none"> People in higher-risk categories should carefully consider alternatives that are not in-person. Guidance for places of worship
Personal services <i>(hair/nail salons, barbers, tattoo, massage)</i>	Medium to higher	<p>By nature, these activities are done in close proximity to at least one other person and indoors.</p> <ul style="list-style-type: none"> Use personal service providers who follow guidelines. Limit talking - when someone is infected, talking results in more virus particles in the air. People in high-risk categories should consider higher risk activities carefully.
Bars and breweries	Higher	<p>The more alcohol or other substances people consume, the less they may be mindful of masking, social distancing, and hand cleaning.</p> <ul style="list-style-type: none"> Avoid crowded locations People in high-risk categories should consider higher risk activities carefully.
Gyms and fitness facilities	Higher	<p>Crowd size, frequency of cleaning, and others' masking are all things to consider.</p> <ul style="list-style-type: none"> Higher-risk people should consider safer alternatives, such as outdoor or home exercise. Guidance for gyms and fitness facilities



SOUTH DAKOTA DEPARTMENT OF HEALTH

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