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 backyard barbecue, 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 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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Risk</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camping, fishing, and hunting</td>
<td>Lower</td>
<td>Lowest if you are with your household contacts.</td>
</tr>
<tr>
<td>Outdoor exercise and recreation</td>
<td>Lower</td>
<td>Outdoor activity is generally lower risk, and passing by people briefly is lower risk.</td>
</tr>
<tr>
<td>Recreational sports</td>
<td>Lower to higher</td>
<td>It depends on the sport and the practices.</td>
</tr>
<tr>
<td>Events and gatherings</td>
<td>Lower to higher</td>
<td>Outdoors is lower risk than indoors. 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.</td>
</tr>
</tbody>
</table>

July 7, 2020
## RISKS and BENEFITS CONSIDERATIONS FOR SOCIAL ACTIVITIES DURING COVID-19

<table>
<thead>
<tr>
<th>Activity</th>
<th>Risk</th>
<th>Considerations</th>
</tr>
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</table>
| Shopping                   | Lower to medium | Depends on whether the shopping is indoors or outdoors. It can be hard to maintain distance. Others may not wear masks.  
  - 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 |
| Dining out                 | Medium        | Check the restaurant’s COVID-19 prevention practices before you go.  
  - To reduce risk, dine outside.  
  - 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 |
| Parks and playgrounds      | Medium        | Outside, but difficult to maintain physical distance between children and surfaces are frequently touched.  
  - Follow personal recreation guidance when using parks and playgrounds.  
  - Take disinfecting and hand cleaning supplies with you. |
| Swimming                   | Medium        | It’s not the water, it’s the other people. It may be hard to maintain distance at the pool or beach.  
  - 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 beaches and pools |
| Travel                     | Medium to higher | 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.  
  - 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 | Usually indoors. Services may involve activities that could be higher-risk, like singing.  
  - People in higher-risk categories should carefully consider alternatives that are not in-person.  
  - Guidance for places of worship |
| Personal services          | Medium to higher | By nature, these activities are done in close proximity to at least one other person and indoors.  
  - 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        | The more alcohol or other substances people consume, the less they may be mindful of masking, distancing, and hand cleaning.  
  - Minimize time indoors; stay outdoors where you might be able to maintain distance  
  - Avoid crowded locations  
  - People in high-risk categories should consider higher risk activities carefully. |
| Gym, fitness facility      | Higher        | Crowd size, frequency of cleaning, and others’ masking are all things to consider.  
  - Higher-risk people should consider safer alternatives, such as outdoor or home exercise  
  - Guidance for gyms and fitness facilities |

July 7, 2020