

# COVID-19: Reduce your Risk – Choose Safer Activities






Consider local conditions when deciding how to achieve the **lowest risk**.

## Risk of Exposure

	Low	Medium	High	Very High
<b>HPCON</b>	Alpha	Bravo	Charlie	Delta
<b>Gathering Density</b>	Small gathering/large space		Large gathering/small space	
<b>Exposure Duration</b>	Less than 15 minutes		More than 15 minutes	
<b>Environment</b>	Outdoors		Indoors	
	Good air flow	Poor air flow	Good ventilation	Poor ventilation
<b>Community Vaccination Status*</b>	High rates of vaccination	Moderate rates of vaccination		Low rates of vaccination

\*Proportion of the local community and unit that is fully-vaccinated

COVID-19 vaccines are safe and effective at protecting you from getting sick if you are exposed. Fully vaccinated people can resume activities without wearing a mask or physically distancing except where locally required.

	Fully Vaccinated	Not Vaccinated	Example Activities* Ordered from <b>most safe</b> to <b>least safe</b> :
<b>Indoors</b>	 Safe	 Less safe  Least safe	<ul style="list-style-type: none"> <li>Weapons draw</li> <li>Working in an office environment</li> <li>Ceremonies &amp; gatherings</li> <li>Trainings and courses conducted indoors with large groups who may have traveled from multiple locations</li> <li>Traveling in a vehicle with others</li> <li>Mass unit physical training indoors</li> </ul>
<b>Outdoors</b>	 Safest	 Safe	<p><b>Outdoor activities are generally safer than indoor activities. Local conditions should still be considered.</b></p> <ul style="list-style-type: none"> <li>Weapons training at outdoor ranges</li> <li>Vehicle maintenance</li> <li>Unit physical training outdoors</li> <li>Conducting and taking the Army Combat Fitness Test</li> </ul>



Take prevention measures.



Prevention measures not required in most cases.

\*This guide cannot cover all activities and circumstances. Consult with your supporting medical unit or healthcare provider for additional guidance specific to your situation.



TA-640-MAY21  
05/28/2021

### For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>  
<https://www.coronavirus.gov/>

### The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

*Approved for public release; distribution unlimited.*



**Public Health**  
Prevent. Promote. Protect.

Army Public Health

### The Army COVID-19 Information Hotline:

Call 1-800-984-8523,  
Overseas DSN 312-421-3700,  
Stateside DSN 421-3700

version 1.0