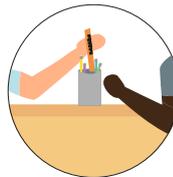
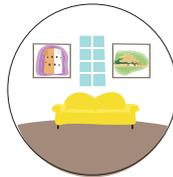


ACTIVITY RISK GUIDANCE

Currently the level of COVID-19 activity in Jersey is low. This means that the chance of coming into contact with COVID-19 during any activity remains low, although some activities are considered higher risk than others.

HIGHER RISK ACTIVITIES

- Activities with people you do not live with are higher risk. The larger the number of different people you encounter and spend time with the higher the risk.
- Activities where you may be less able to follow physical distancing guidance are higher risk. This becomes higher risk still if the time spent not following physical distancing guidance is longer than 15 minutes.
- Activities that are indoors are higher risk.
- Activities where you will have to touch surfaces or items that people you do not live with have also touched, are higher risk. This risk is lowered when you follow good hand hygiene guidance such as washing your hands frequently with soap and water for 20 seconds or using hand sanitiser (with 60-70% alcohol content).
- Not wearing a face mask increases risk, especially when you cannot follow physical distancing.
- Activities associated with increased production of respiratory droplets, such as singing, shouting, coughing or breathing heavily are higher risk, when done amongst a group of people.



LOWER RISK ACTIVITIES

- Activities done on your own or with people you live with are lower risk. If you are going to spend time with people you do not live with, the smaller the number of people, the lower the risk.
- Activities where you can follow physical distancing guidelines are lower risk. If you cannot follow physical distancing guidance, the risk is lowered if the time spent not physically distancing is limited to less than 15 minutes.
- Activities that are outdoors are lower risk.
- Activities where you will not have to touch surfaces or items that people you do not live with have also touched, are lower risk. Following good hand hygiene guidance, such as washing your hands frequently with soap and water for 20 seconds, or using hand sanitiser (with 60-70% alcohol content) further lowers risk.
- Wearing a face mask reduces risk, especially when you cannot follow physical distancing.
- Activities associated with less respiratory droplet production, such as normal speech, are lower risk.

