

COVID-19 Risk Level By Activity in Anchorage

	Activity	Requirements/Recommendations/Suggestions
LOW	Restaurants – take out	Choose contact-free delivery if possible
	Dining outside	Tables 6 feet apart, avoid high-touch items like menus
LOW– MEDIUM	Camping	Keep 6 feet from others, keep groups small, no utensils or food sharing
	Golfing	Keep 6 feet from others, hand sanitize after touching surfaces
	Swimming in a pool	Avoid locker rooms, keep distance from others
MEDIUM	Backyard BBQs	Keep groups small, no utensils or food sharing
	Haircut and nail salons	Wear masks, ensure employee hand hygiene and mask wearing
MEDIUM– HIGH	Movie theaters	Sit at least 6 feet from others, wipe down arm rests with sanitizing wipes
	Drinking outside with a large group	The more people, the more likely you may be exposed; wear masks
	Hotel	Wear masks, social distance, ask about housekeeping protocol
	Restaurants – indoor	Sit 6 feet from other tables, avoid high-touch items, wear masks in/out
HIGH	Gyms	Stay 6 feet away from others, wear masks, wipe down equipment with sanitizing wipes, avoid locker rooms
VERY HIGH	Bars	Wear masks and social distance as much as possible
	Concerts	Wear masks and social distance as much as possible

COVID-19 Risk Level By Activity in Saint Paul Island

	Activity	Requirements/Recommendations/Suggestions
LOW	Walk/bike/hike outside	Can be with a friend, but stay 6 feet apart
	Getting gas	Hand sanitize after touching surfaces
LOW-MEDIUM	BBQ outside with friends	Keep 6 feet from others, keep groups small, no utensils or food sharing
	Grocery shopping	Keep 6 feet from others, wear masks, hand sanitize after touching surfaces
	Trip to post office	Keep 6 feet from others, wear masks, hand sanitize after touching surfaces
MEDIUM	Kids playing together outside	Keep groups small, no food sharing, wear masks if playing closely together
	Extended family dinners	Keep groups small, keep distance when possible
MEDIUM-HIGH	Softball/outdoor sports	Stay 6 feet apart when possible, hand sanitize after batting/pitching, don't touch face, umpires wear masks
	Visit elderly parents or friends who are high-risk for COVID	Don't visit if you have symptoms, have been exposed, or may be sick. Avoid physical contact, meet outside if possible.
	Gym	Sanitize equipment before and after use, wear masks if others are present and keep distance
HIGH	Church	Stay 6 feet away from others, wear masks
VERY HIGH	Indoor parties	Use well-ventilated spaces or move outdoors so people can distance
	Large gatherings/dense crowds	Wear masks and social distance as much as possible