

# 10 Questions to Ask Yourself Before Venturing Out

---

As communities and businesses are opening, you may be looking for information to share with your employees to help them resume daily activities as safely as possible. The 10 questions below were published by the CDC and provide excellent guidance in helping someone determine their level of risk.

- 1. Is COVID-19 spreading in my community and what are the local orders?** Find out by viewing the latest [COVID-19 information](#) and a [map of states with reported COVID-19 infections](#). Review updates from your [local health department](#) to better understand the situation in your community and what local orders are in place in your community. Also find out about school closures, business re-openings, and stay-at-home orders [in your state](#).
- 2. Will my activity put me in close contact with others?**

Practice [social distancing](#) because COVID-19 spreads mainly among people who are in [close contact](#) with others.

  - It's important that you and the people around you wear a [cloth face covering](#) when in public and particularly when it's difficult to stay 6 feet away from others consistently.
  - Choose outdoor activities and places where it's easy to stay 6 feet apart, like parks and open-air facilities.
  - Look for physical barriers, like plexiglass screens or modified layouts, that help you keep your distance from others.
  - Use visual reminders—like signs, chair arrangements, markings on the floor, or arrows—to help remind you to keep your distance from others.
- 3. Am I at risk for severe illness?**

Older adults and people of any age who have serious underlying medical conditions might be at [higher risk for severe illness](#) from COVID-19. While

the risk for severe illness is lower for others, everyone faces some risk of illness. Some people have no symptoms, others have mild symptoms, and some get severely ill.

**4. Do I live with someone who is at risk for severe illness?**

If you live with older adults or someone with certain underlying medical conditions, then you and all family members should take extra precautions to minimize risk. [Learn more about what you can do if you or any members of your family are at higher risk of severe illness from COVID-19.](#)

**5. Do I practice everyday preventive actions?**

Continue to protect yourself by [practicing everyday preventive actions](#), like monitoring yourself for symptoms, not touching your face with unwashed hands, washing your hands often, [social distancing](#), [disinfecting surfaces](#), wearing [cloth face covers](#), and staying home if you are sick.

**6. Will I have to share any items, equipment, or tools with other people?**

Choose places where there is limited sharing of items and where any items that are shared are thoroughly cleaned and disinfected between uses. You can also choose to visit places that share, post, or announce that they have increased [cleaning and disinfection](#) to protect others from COVID-19.

**7. Will I need to take public transportation to get to the activity?** Public transit can put you in close contact with others. When using public transportation, follow CDC's guidance on how to [protect yourself when using transportation](#).

**8. Does my activity require travel to another community?**

Before considering trips outside your community, consult [CDC's travel considerations](#).

**9. If I get sick with COVID-19, will I have to miss work or school?**

If you are sick with COVID-19, stay home. Also find out about your [work](#) or [school's](#) telework or sick leave policy.

**10. Do I know what to do if I get sick?** Know the [steps to help prevent the spread](#) of COVID-19 if you are sick.

**If you decide to engage in public activities**, continue to protect yourself by [practicing everyday preventive actions](#). If you will be running an errand, follow [CDC's running errands considerations](#).

**Items to have on hand**

- A cloth face covering
- Tissues
- Hand sanitizer with at least 60% alcohol, if possible

**COVID-19 Resource Center**