

Be Informed: Know Your Risk during COVID-19!



The Nashua Division of Public Health and Community Services wants you to know your risk during the COVID-19 pandemic. If you are sick, stay home and contact your health care provider. If you are high-risk or work with high-risk populations, we encourage you to avoid moderate, moderate-high, and high-risk activities as COVID-19 spreads easily, with or without symptoms.

Risk Level	Activity	Recommendations
LOW	Outdoor Activities <i>Walking, Biking, Hiking</i>	<ul style="list-style-type: none"> Stay with household members If with friends, keep a distance of 6 feet Limit the number of people in your group
	Picking Up Food <i>Take out, Delivery, Drive-thru</i>	<ul style="list-style-type: none"> Wear a face covering when picking up food Wash hands before eating
LOW-MODERATE	Grocery Shopping	<ul style="list-style-type: none"> Wear a face covering while shopping Keep a distance of 6 feet from other shoppers and staff Wash hands after returning home and after putting groceries away
	Outdoor Dining	<ul style="list-style-type: none"> Review COVID-19 safety measures Call ahead for reservations, avoid busy hours Wash hands before eating
MODERATE	Backyard Events <i>BBQ, Celebration</i>	<ul style="list-style-type: none"> Wear face coverings Keep a distance of 6 feet from others Limit the number of people attending and in groups Do not share food or drinks
	Cosmetology <i>Barbershops, Hair Salons, and Nail Salons</i>	<ul style="list-style-type: none"> Review COVID-19 safety measures Call ahead to schedule an appointment Wear face coverings Ensure employee hand hygiene and PPE usage
MODERATE-HIGH	Indoor Dining <i>50% capacity with social distancing</i>	<ul style="list-style-type: none"> Review restaurant COVID-19 safety measures Call ahead for reservations, avoid busy hours Wear a face covering when not eating Wash hands before eating
	Weddings	<ul style="list-style-type: none"> Review facility COVID-19 safety measures Wear face coverings Keep a distance of 6 feet from others Wash hands before eating Use well ventilated spaces or move wedding to outdoors
HIGH	Indoor Dining <i>100% capacity, barriers with no social distancing</i>	<ul style="list-style-type: none"> Consider ordering take-out or delivery instead Review restaurant COVID-19 safety measures Call ahead for reservations, avoid busy hours Wear a face covering when not eating Wash hands before eating
	Large Gatherings	<ul style="list-style-type: none"> Plan gathering to be outside If inside, use well ventilated spaces Wear face coverings Stay 6 feet away from others when possible