Navigating kid-related activities by COVID-19 risk tolerance level

Everyones risk tolerance is different. This tool provides general guidance for families of unvaccinated childrer

Interpreting this guide and navigating risk...

In general, activities in **green** are "low risk" and should be acceptable for people who have a low risk tolerance.

Risk levels in **yellow** ("moderate risk") or **red** ("high risk") may not be appropriate for people with a low risk tolerance or for high-risk populations.

Parents should consider the impact of community-level vaccination rates, as well as current levels of transmission when assessing these relative risks. Risk is reduced across all activities if:
1) Community vaccination rate is above 60%;
2) Community transmission is low (<10 daily cases per 100,000 people)

Risk Tolerance

Transportation

- Low: Bike riding, walking, jogging, hiking
- Low: Uber/Lyft/Taxi with masked driver
- Low: Carpooling with another consistent household (windows down, with masks or vaccinated)
- Med: Flying
- Med: Carpooling with multiple households (windows down and/or with masks)
- Med: Uncrowded mass transit (allowing for some physical distance) and inconsistent mask use by others
- High: Crowded mass transit with inconsistent mask use by others

Airports & Flying

Assuming masks are worn by everyone 2+ years, which is federally mandated in airports until Sept 13

- Low: Eating at least 3 feet away from other occupied tables in the terminal
- Low: Touching surfaces (fomite transmission is rare!)
- Low: Flights where mask use is **enforced**
- Med: Children (<2 years old) traveling without masks
- High: Waiting in highly crowded areas, like baggage claim and the gate
- High: Long flight (> 5 hours) in which full meals needed (and masks removed)

Summer Camp

- Low: Playground and/or outside playtime and recreation
- Low: Vast majority of staff and counselors vaccinated
- Med: Outdoor activities in crowded spaces (communal pool time, relay races)
- High: Attending a program with less than 60% of students masked and/or vaccinated
- High: Indoor activities (crafts, lunchtime, reading circles) without masks
- High: High-contact activities (even outdoors)

Extracurricular Activities

Assuming NO masks...

- Low: Farmers market, pool, beach, playground, or playdate (outdoor with space to move around freely)
- Med: Outdoor sporting events, concerts (stationary with minimal distance between groups)
- Med: Small sleepover, playdate (indoor, private with one other household)
- High: Sleepovers with multiple households, indoor birthday parties
- High: Movie theaters (stationary, indoors)
- High: Indoor, high activity areas (trampoline parks, dance recitals, and celebrations and religious observances)

Participating in Sports

Assuming NO masks...

- Low: Outdoor, low contact sports (baseball, running, swimming, golf, frisbee)
- Med: Indoor, low contact sports (volleyball, dance recitals, cheerleading/ gymnastics)
- Med: Outdoor, close contact sports (football, soccer, water polo, lacrosse, field hockey)
- High: Indoor, close contact sports (wrestling, basketball, judo, MMA, karate)
- High: Pre- or post- game locker room huddles

We put our scientist and mom brains together to create these data-driven, evidence-based risk tolerance categories. This guide was created by: **Katelyn Jetelina, MPH PhD** (epidemiologist, mom, and founder of Your Local Epidemiologist); **Jess Steier, DrPH** (public health scientist, mom, and co-founder of Unbiased Podcast); **Andrea Love, PhD** (immunologist and co-founder of Unbiased Podcast). With the assistance of: **Alison Bernstein, PhD** (neuroscientist, mom, and co-founder of SciMoms); **Rebecca J. Heick, PhD** (epidemiologist, mom, and author of Your Friendly Neighborhood Epidemiologist); **Malia Jones, MPH PhD** (epidemiologist, mom, and co-founder of Dear Pandemic); **Eve Bloomgarden, MD** (endocrinologist, mom, and co-founder of IMPACT); **Liz Marnik, PhD** (immunologist, mom, and founder of ScienceWhizLiz); **Marla Clayman, MPH PhD** (communication scientist)