

# Small actions you can take to help

**Prefer local.** Meeting your friends at the local coffee shop rather than at the Starbucks in the city center exposes you to fewer people. The more people we share a room with, and the more networks they belong to, the more the virus circulates.

**Prefer off-wave.** Meeting people when there are many cases is riskier than meeting them when there are fewer cases (*e.g.: because COVID prevalence in the US is 60 times higher in January 2021 than it was in June 2020, grabbing a coffee became 60 times riskier*). Consider delaying social encounters until the current wave tapers off.

**Prefer off-peak.** Going to the restaurant or the gym when it's the least crowded exposes you to fewer people, and exposes fewer people to you.

**Prefer ventilated.** Meet people outdoors. If it's not an option, choose somewhere well-ventilated and sit far from other tables. Wear masks before the food or drinks arrive and after having finished them. This reduces your risk and reduces the risk for others.

**Protect your loved ones by being extra careful *before* meeting them.** For example, the week before meeting grandma, consider skipping social encounters. One way to protect others is to be extra-careful while meeting them; another one is to be extra-careful the days leading to that meeting.

**Minimize long-range travel.** If you do need to travel, make sure you don't contribute to spreading the virus far and wide by wearing high-grade masks and meeting fewer people over indoor meals in the days leading up to the trip.

**Wear well-fit high-grade comfortable masks.** Help others find high-grade masks that are comfortable. Teach others how and when to wear them properly. If masks are uncomfortable, you're doing it wrong.

**Consider vaccinating.** Vaccines reduce your chance of ending up at the hospital. Evaluate your individual risk of severe COVID outcomes by taking in consideration your age, your health, your exposure, and COVID prevalence in your region.

*Feel free to share this sheet with your friends and colleagues!*

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