September 3rd, 2020 as of 4:00 p.m.

With cooler weather in our future, many outdoor summer activities will come to an end, leaving people to decide whether or not to participate in indoor events or see their friends and family in indoor spaces. Remember, staying home and avoiding contact with others is the most effective way to slow the spread, but there are things that can be done to minimize the risk of transmission in indoor settings. Staying 6 feet apart is one major preventive measure that is especially important when the weather moves us indoors. However, this is not the only safety precaution that should be considered. Other considerations include:

- Ventilation – rooms with poor ventilation present a greater risk of transmission.
- Number of people in the room – crowded spaces are riskier than large open spaces where people can space out.
- Duration of contact – the less time spent indoors the better! Prolonged contact increases the risk.
- Type of activity (silent, speaking, shouting/singing) – the less talking, shouting or singing the better.
- Use of masks – masks help keep droplets from being released into the air or traveling longer distances.

More recent research suggests that droplets expelled from talking, shouting, singing, coughing or sneezing may travel farther distances than previously thought and accumulate in indoor spaces with poor ventilation (Source).

Helpful resource for understanding how to improve ventilation: EPA Website

Overall, physical distancing alone is not enough when inside. A combination of precautions should be taken to reduce the risk of COVID-19 transmission.

More North Shore data: Click Here