YOUR RISKS FOR POST-VACCINE ACTIVITIES

Though the current COVID-19 vaccines are highly effective, no vaccine is perfect, and there are still millions of people who have yet to get their shots. This makes the answers to questions about risk often complex.

“With most activities, you’re expanding your bubble, and that’s the whole point of being vaccinated. But we’re seeing variants that have more transmissibility — it takes less virus to get sick, and we’re seeing this in children now, too,” says Meenakshi Bewtra, a Penn Medicine physician and an assistant professor of epidemiology and of medicine at the University of Pennsylvania.

To help guide you further, we asked seven local experts to rank everyday activities from low to high risk. All rankings assume you’re fully vaccinated and following appropriate precautionary measures, like masking and distancing. One caveat: Risk levels are never clear-cut and will fluctuate depending on what's going on in your area.

Scale: 1-4
1. Low risk
2. Low to medium risk
3. Medium to high risk
4. High risk

**All rankings assume you're fully vaccinated and following appropriate precautionary measures, like masking and distancing.

1. Going to the gym: 2.6

Average: 2.6 (low to medium risk). “I’d consider this low to medium risk if you have a rather large gym with good ventilation, but medium to high risk if it’s a small community gym, which likely has less ventilation.”
— Krys Johnson, Ph.D., MPH, epidemiologist and assistant professor at Temple University

2. Going to a group exercise class (indoors): 3.1

Average: 3.1 (medium to high risk). “I think indoor group exercise is higher risk than the gym because there’s generally less room to socially distance. And with most exercise, the amount of exhale is higher than in everyday activities.”
— Bewtra

3. Going to a group exercise class (outdoors): 1.4

Average: 1.4 (low risk). “Almost anything outdoors and masked is going to be very low risk, so encourage your local exercise class instructors to get outside.”
— Johnson

4. Going to a museum: 1.7

Average: 1.7 (low to medium risk). “Risk will depend on the ventilation in the museum and number of people. Generally, with social distancing and masks, I would consider it to be an acceptable risk.”
— Dr. Darren Mareiniss, emergency medicine doctor at Einstein Medical Center

5. Going to a movie (indoors): 2.1

Average: 2.1 (low to medium risk). “You need to wear a mask and keep that mask on — so no popcorn or drinks.”
— Bewtra

6. Going to an outdoor ballgame: 1.9

Average: 1.9 (low to medium risk). “Going to a ballgame seems like a very low risk activity for (a vaccinated) individual, but since it involves a lot of people, it may be higher risk for the city.”
— Dr. Usama Bilal, Ph.D., MPH, assistant professor in the urban health collaborative and the department of epidemiology and biostatistics at Drexel University

7. Traveling by plane: 2.7

Average: 2.7 (low to medium risk). “Although the ventilation systems on airplanes are very good, the social distancing isn’t happening anymore. Even if they’re serving drinks or foods, I’d keep my mask on the whole time.”
— Bewtra