

Dr. Fauci Says These Are 3 of the Riskiest Places to Go During COVID

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Some businesses might be operating as normal throughout the United States, but that doesn't mean they should, according to [Anthony Fauci, M.D.](#), immunologist and director of the National Institute of Allergy and Infectious Diseases. In fact, during an appearance on MSNBC, he said that three types of businesses may be most likely to spread [the novel coronavirus](#).

On Sept 17, Dr. Fauci [told All In host Chris Hayes](#) that closing gyms, bars, and restaurants helped Arizona, New York, and Texas slow the spread of COVID-19.

"In fact, the CDC just came out—if you go on their website—with a figure that's really telling. It shows the odds of risk of different types of situations that give you a higher risk of transmissibility," he said.

Dr. Fauci is referring to a weekly [Centers for Disease Control and Prevention report](#) that studied COVID-19 cases in 11 outpatient healthcare facilities. Data shows that 7.8% of adults with COVID had visited a gym in the past two weeks while 8.5% visited a bar or coffee shop. However, dining out is even riskier: 40.9% of people who tested positive for COVID-19 had eaten at a restaurant.

"When you have restaurants indoors in a situation where you have a high degree of infection in the community, [and] you're not wearing a mask, that's a problem," said Dr. Fauci.

Although we're still learning exactly how the novel coronavirus spreads, experts say better ventilation is needed to reduce the risk of airborne transmission indoors. The CDC is currently reviewing [its recommendations regarding airborne transmission](#).

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Dr. Fauci Just Said When It's OK to Take Off Your Mask

Alek Korab

[Eat This, Not That!](#) September 22, 2020, 4:12 AM

[Dr. Anthony Fauci](#), the nation's top infectious disease expert and member of the Coronavirus Task Force, went on [The Daily Show with Trevor Noah](#) to discuss a number of situations in which you may or may not need a mask. Read on to see how he answered Noah's queries, and to ensure your health and the health of others, don't miss these [Sure Signs You've Already Had Coronavirus](#).

1

Dr. Fauci Said You Should Not Necessarily Wear Your Mask When Biking

woman with dust mask commuting on bicycle

"Not necessarily, no, but you should have it with you in case you come into close contact with people on the outside, but if you're alone and there's nobody near you and you're riding your bike, [you don't need to wear the mask](#)."

2

Dr. Fauci Said You Should Put Your Mask on Between Courses at a Restaurant

Woman in a face mask sitting at a bar, looking at the camera while holding her smart phone in her hands

"Yeah. I think because there's enough movement and people that are usually within six feet that you probably should. What I do is I put it around my neck and then I could, you know, eat, drink, and then put it back up when you're waiting for the waiter or something to occur....If you just flip it up and down, you won't"—spread the virus—"you don't want to put your hand on the outside of it."

3 Dr. Fauci Said You Should Wear Your Mask in an Empty Elevator

Young chinese woman standing in elevator in medical mask. Doors are closing. Coronavirus COVID-19 pandemic concept.

"Well, you know, the answer is when the door opens, somebody might walk in and you have no idea. Well, you know, who's going to walk in, so you might want to just keep it on."

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4

Dr. Fauci Advised Against Pulling Your Mask Down to Make Yourself Heard

Don't pull your mask down. "You say it again and repeat it. That's a really good point. Because when you then put down, you tend to speak louder with more force. And that's when all of the particles, if they're there, if you're infected will come out. I would leave the mask on."

5

Dr. Fauci Advised You Wear a Mask at the Movies—Even if There's Only Two Other People There

People in cinema with protection mask keeping distance away to avoid physical contact

"If they're so physically distanced away from you? You probably could keep it off. But remember you gotta be careful because in the theater, if there's not good ventilation, there could be aerosol in that. What I would do, I would probably keep it on just to be safe because I'm indoors. That's the reason: because I'm indoors." Speaking of which: to stay safe during this pandemic, don't miss these [35 Places You're Most Likely to Catch COVID](#).

This week, the United States reached a grim milestone: More than 200,000 deaths attributed to the coronavirus. On last night's [The Daily Show with Trevor Noah](#), [Dr. Anthony Fauci](#), director of the National Institute of Allergy and Infectious Diseases, said that number was not, as has been said, overstated, and also outlined some frightening cases of COVID among the living. Read on to know what symptoms to watch for, and to ensure your health and the health of others, don't miss these [Sure Signs You've Already Had Coronavirus](#).

Three Newer Complications Trouble Fauci

"I think the 200,000 deaths that you're talking about are a good reflection of people that likely would not have died if they didn't have this infection," Dr. Fauci said when Noah asked him if the number was inflated. "The thing that I think we need to be careful and humble about is, we

don't know everything about this infection, but when we're starting to see right now, or a couple of things that are troubling to me." Here's what he's most concerned about:

1. "First of all, more and more young people you see, when you look at it, are getting into some significant trouble, not a lot, not a high percentage. That's true." "Last month, the Centers for Disease Control and Prevention [said](#) the number and rate of coronavirus cases among children under 18 had increased 'steadily' from March to July," reports the [Washington Post](#). "The agency emphasized that while COVID-19 remains more serious and prevalent among adults, a lack of widespread testing prevents public health experts from understanding the true incidence of infection for American children. A CDC study found that young people of color, much like their older counterparts, have been disproportionately hospitalized from COVID-19 compared to their White peers."
2. Fauci continued: "The other thing is that when people get infected, we're seeing more and more of lingering signs and symptoms, so that when you clear the virus, you may have weeks or months or so in which you just [feel] not quite right." "People with more severe infections might experience long-term damage not just in their lungs, but in their heart, immune system, brain and elsewhere," reports [Nature](#). "Evidence from previous coronavirus outbreaks, especially the severe acute respiratory syndrome (SARS) epidemic, suggests that these effects can last for years. And although in some cases the most severe infections also cause the worst long-term impacts, even mild cases can have life-changing effects — notably a lingering malaise similar to chronic fatigue syndrome."
3. And Fauci went on: "The final thing is that they've recently done a study that was published in the *Journal of the American Medical Association Cardiology*, where people who recovered, even from disease that wasn't that severe—when you do MRIs or imaging sensitive imaging, you can see things like inflammation of the heart. Now they may not be symptomatic, but we want to make sure that six months or a year from now, they don't wind up with unexplained arrhythmias or premature heart attacks or cardiomyopathies."

RELATED: [11 Signs COVID is in Your Heart](#)

"How the virus might damage heart muscle is just one question researchers are now probing," reports [Science Mag](#). "Other studies are following people during and after acute illness to learn how common heart inflammation is after COVID-19, how long it lingers, and whether it responds to specific treatments. Researchers also want to know whether patients fare similarly to those with myocarditis from other causes, which can include chemotherapy and other viruses. In more than half of virus-induced cases, the inflammation resolves without incident."

"So the situation is not wrapped up about what is the full impact of this, which means we have to take it very seriously," says Fauci. "Even among people who are obviously in trouble and die. There's other people that we need to be concerned." As for yourself: if you feel any of the symptoms above, contact your medical professional immediately, and to stay safe during this pandemic, [wear a face mask](#), social distance, avoid crowds, wash your hands and don't miss these [35 Places You're Most Likely to Catch COVID](#).