United States  January 29, 2021

Mobility changes

This dataset is intended to help remediate the impact of COVID-19. It shouldn’t be used for medical diagnostic, prognostic, or treatment purposes. It also isn’t intended to be used for guidance on personal travel plans.

The data shows how visits to places, such as grocery stores and parks, are changing in each geographic region. Learn how you can use this report in your work by visiting Community Mobility Reports Help.

Location accuracy and the understanding of categorized places varies from region to region, so we don’t recommend using this data to compare changes between countries, or between regions with different characteristics (e.g. rural versus urban areas).

We’ll leave a region out of the report if we don’t have statistically significant levels of data. To learn how we calculate these trends and preserve privacy, read About this data.

Retail & recreation

-25% compared to baseline

Mobility trends for places like restaurants, cafes, shopping centers, theme parks, museums, libraries, and movie theaters.

Grocery & pharmacy

-15% compared to baseline

Mobility trends for places like grocery markets, food warehouses, farmers markets, specialty food shops, drug stores, and pharmacies.

Parks

-29% compared to baseline

Mobility trends for places like national parks, public beaches, marinas, dog parks, plazas, and public gardens.
Transit stations

-42% compared to baseline

Mobility trends for places like public transport hubs such as subway, bus, and train stations.

Workplaces

-31% compared to baseline

Mobility trends for places of work.

Residential

+12% compared to baseline

Mobility trends for places of residence.
Alabama

Retail & recreation: -16% compared to baseline
Grocery & pharmacy: -9% compared to baseline
Parks: -12% compared to baseline
Transit stations: -17% compared to baseline
Workplaces: -22% compared to baseline
Residential: +8% compared to baseline

Alaska

Retail & recreation: -18% compared to baseline
Grocery & pharmacy: -13% compared to baseline
Parks: -4% compared to baseline
Transit stations: -33% compared to baseline
Workplaces: -24% compared to baseline
Residential: +10% compared to baseline
Arizona

- **Retail & recreation**: -24% compared to baseline
- **Grocery & pharmacy**: -18% compared to baseline
- **Parks**: -43% compared to baseline
- **Transit stations**: -32% compared to baseline
- **Workplaces**: -34% compared to baseline
- **Residential**: +13% compared to baseline

Arkansas

- **Retail & recreation**: -12% compared to baseline
- **Grocery & pharmacy**: -8% compared to baseline
- **Parks**: +21% compared to baseline
- **Transit stations**: -10% compared to baseline
- **Workplaces**: -21% compared to baseline
- **Residential**: +7% compared to baseline
California

Retail & recreation: -38% compared to baseline

Grocery & pharmacy: -22% compared to baseline

Parks: -47% compared to baseline

Transit stations: -56% compared to baseline

Workplaces: -42% compared to baseline

Residential: +18% compared to baseline

Colorado

Retail & recreation: -23% compared to baseline

Grocery & pharmacy: -11% compared to baseline

Parks: -3% compared to baseline

Transit stations: -39% compared to baseline

Workplaces: -33% compared to baseline

Residential: +12% compared to baseline
Connecticut

Retail & recreation
-31% compared to baseline

Grocery & pharmacy
-23% compared to baseline

Parks
-39% compared to baseline

Transit stations
-44% compared to baseline

Workplaces
-31% compared to baseline

Residential
+15% compared to baseline

Delaware

Retail & recreation
-23% compared to baseline

Grocery & pharmacy
-13% compared to baseline

Parks
-37% compared to baseline

Transit stations
-48% compared to baseline

Workplaces
-32% compared to baseline

Residential
+13% compared to baseline

* The data doesn’t meet quality and privacy thresholds for every day in the chart.
District of Columbia

Retail & recreation: -55% compared to baseline
Grocery & pharmacy: -27% compared to baseline
Parks: -62% compared to baseline
Transit stations: -72% compared to baseline
Workplaces: -56% compared to baseline
Residential: +21% compared to baseline

Florida

Retail & recreation: -22% compared to baseline
Grocery & pharmacy: -14% compared to baseline
Parks: -25% compared to baseline
Transit stations: -37% compared to baseline
Workplaces: -27% compared to baseline
Residential: +9% compared to baseline
Georgia

Retail & recreation
-19% compared to baseline

Grocery & pharmacy
-13% compared to baseline

Parks
0% compared to baseline

Transit stations
-33% compared to baseline

Workplaces
-28% compared to baseline

Residential
+9% compared to baseline

Hawaii

Retail & recreation
-36% compared to baseline

Grocery & pharmacy
-24% compared to baseline

Parks
-46% compared to baseline

Transit stations
-57% compared to baseline

Workplaces
-31% compared to baseline

Residential
+13% compared to baseline
Idaho

Retail & recreation  
-14% compared to baseline

Grocery & pharmacy  
-8% compared to baseline

Parks  
-8% compared to baseline

Transit stations  
-21% compared to baseline

Workplaces  
-23% compared to baseline

Residential  
+8% compared to baseline

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Illinois

Retail & recreation  
-26% compared to baseline

Grocery & pharmacy  
-11% compared to baseline

Parks  
-32% compared to baseline

Transit stations  
-43% compared to baseline

Workplaces  
-32% compared to baseline

Residential  
+12% compared to baseline
Indiana

Retail & recreation
-15% compared to baseline

Grocery & pharmacy
-10% compared to baseline

Parks
-6% compared to baseline

Transit stations
-16% compared to baseline

Workplaces
-22% compared to baseline

Residential
+8% compared to baseline

Iowa

Retail & recreation
-8% compared to baseline

Grocery & pharmacy
+4% compared to baseline

Parks
-6% compared to baseline

Transit stations
-21% compared to baseline

Workplaces
-17% compared to baseline

Residential
+6% compared to baseline
Kansas

Retail & recreation -13% compared to baseline
Grocery & pharmacy -14% compared to baseline
Parks +13% compared to baseline
Transit stations -8% compared to baseline
Workplaces -19% compared to baseline
Residential +6% compared to baseline

Kentucky

Retail & recreation -22% compared to baseline
Grocery & pharmacy -10% compared to baseline
Parks -9% compared to baseline
Transit stations -20% compared to baseline
Workplaces -28% compared to baseline
Residential +10% compared to baseline
Louisiana

Retail & recreation  
-19% compared to baseline

Grocery & pharmacy  
-10% compared to baseline

Parks  
-25% compared to baseline

Transit stations  
-24% compared to baseline

Workplaces  
-22% compared to baseline

Residential  
+8% compared to baseline

Maine

Retail & recreation  
-28% compared to baseline

Grocery & pharmacy  
-15% compared to baseline

Parks  
-15% compared to baseline

Transit stations  
-42% compared to baseline

Workplaces  
-27% compared to baseline

Residential  
+12% compared to baseline
Maryland

Retail & recreation
-28% compared to baseline

Grocery & pharmacy
-13% compared to baseline

Parks
-31% compared to baseline

Transit stations
-49% compared to baseline

Workplaces
-39% compared to baseline

Residential
+17% compared to baseline

Massachusetts

Retail & recreation
-38% compared to baseline

Grocery & pharmacy
-24% compared to baseline

Parks
-48% compared to baseline

Transit stations
-62% compared to baseline

Workplaces
-40% compared to baseline

Residential
+18% compared to baseline
Michigan

Retail & recreation
-33% compared to baseline

Grocery & pharmacy
-17% compared to baseline

Parks
-2% compared to baseline

Transit stations
-36% compared to baseline

Workplaces
-30% compared to baseline

Residential
+13% compared to baseline

Minnesota

Retail & recreation
-25% compared to baseline

Grocery & pharmacy
-16% compared to baseline

Parks
-7% compared to baseline

Transit stations
-47% compared to baseline

Workplaces
-33% compared to baseline

Residential
+14% compared to baseline
Mississippi

Retail & recreation
-15% compared to baseline

Grocery & pharmacy
-15% compared to baseline

Parks
-13% compared to baseline

Transit stations
-3% compared to baseline

Workplaces
-19% compared to baseline

Residential
+6% compared to baseline

Missouri

Retail & recreation
-10% compared to baseline

Grocery & pharmacy
-11% compared to baseline

Parks
+5% compared to baseline

Transit stations
-15% compared to baseline

Workplaces
-13% compared to baseline

Residential
+7% compared to baseline
Montana

Retail & recreation
-16% compared to baseline

Grocery & pharmacy
-8% compared to baseline

Parks
-10% compared to baseline

Transit stations
-13% compared to baseline

Workplaces
-17% compared to baseline

Residential
+7% compared to baseline

Nebraska

Retail & recreation
-13% compared to baseline

Grocery & pharmacy
-6% compared to baseline

Parks
-17% compared to baseline

Transit stations
-19% compared to baseline

Workplaces
-19% compared to baseline

Residential
+7% compared to baseline
Nevada

Retail & recreation
-28% compared to baseline

Grocery & pharmacy
-18% compared to baseline

Parks
-43% compared to baseline

Transit stations
-47% compared to baseline

Workplaces
-34% compared to baseline

Residential
+14% compared to baseline

New Hampshire

Retail & recreation
-26% compared to baseline

Grocery & pharmacy
-14% compared to baseline

Parks
-23% compared to baseline

Transit stations
-40% compared to baseline

Workplaces
-27% compared to baseline

Residential
+15% compared to baseline
**New Jersey**

- Retail & recreation: -34% compared to baseline
- Grocery & pharmacy: -17% compared to baseline
- Parks: -38% compared to baseline
- Transit stations: -53% compared to baseline
- Workplaces: -38% compared to baseline
- Residential: +17% compared to baseline

**New Mexico**

- Retail & recreation: -27% compared to baseline
- Grocery & pharmacy: -12% compared to baseline
- Parks: -26% compared to baseline
- Transit stations: -23% compared to baseline
- Workplaces: -33% compared to baseline
- Residential: +12% compared to baseline
New York

<table>
<thead>
<tr>
<th>Category</th>
<th>Change Compared to Baseline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail &amp; recreation</td>
<td>-42%</td>
</tr>
<tr>
<td>Grocery &amp; pharmacy</td>
<td>-23%</td>
</tr>
<tr>
<td>Parks</td>
<td>-52%</td>
</tr>
<tr>
<td>Transit stations</td>
<td>-55%</td>
</tr>
<tr>
<td>Workplaces</td>
<td>-39%</td>
</tr>
<tr>
<td>Residential</td>
<td>+17%</td>
</tr>
</tbody>
</table>

North Carolina

<table>
<thead>
<tr>
<th>Category</th>
<th>Change Compared to Baseline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail &amp; recreation</td>
<td>-20%</td>
</tr>
<tr>
<td>Grocery &amp; pharmacy</td>
<td>-11%</td>
</tr>
<tr>
<td>Parks</td>
<td>-10%</td>
</tr>
<tr>
<td>Transit stations</td>
<td>-35%</td>
</tr>
<tr>
<td>Workplaces</td>
<td>-29%</td>
</tr>
<tr>
<td>Residential</td>
<td>+10%</td>
</tr>
</tbody>
</table>
North Dakota

Retail & recreation
-16% compared to baseline

Grocery & pharmacy
-18% compared to baseline

Parks
-19% compared to baseline

Transit stations
-27% compared to baseline

Workplaces
-16% compared to baseline

Residential
+9% compared to baseline

Ohio

Retail & recreation
-23% compared to baseline

Grocery & pharmacy
-14% compared to baseline

Parks
-1% compared to baseline

Transit stations
-25% compared to baseline

Workplaces
-25% compared to baseline

Residential
+11% compared to baseline
Oklahoma

- Retail & recreation: -14% compared to baseline
- Grocery & pharmacy: -12% compared to baseline
- Parks: -17% compared to baseline
- Transit stations: -9% compared to baseline
- Workplaces: -22% compared to baseline
- Residential: +8% compared to baseline

Oregon

- Retail & recreation: -30% compared to baseline
- Grocery & pharmacy: -13% compared to baseline
- Parks: -5% compared to baseline
- Transit stations: -41% compared to baseline
- Workplaces: -35% compared to baseline
- Residential: +12% compared to baseline
Pennsylvania

Retail & recreation
-28% compared to baseline

Grocery & pharmacy
-15% compared to baseline

Parks
-34% compared to baseline

Transit stations
-45% compared to baseline

Workplaces
-31% compared to baseline

Residential
+14% compared to baseline

Rhode Island

Retail & recreation
-33% compared to baseline

Grocery & pharmacy
-22% compared to baseline

Parks
-33% compared to baseline

Transit stations
-55% compared to baseline

Workplaces
-32% compared to baseline

Residential
+15% compared to baseline
South Carolina

Retail & recreation
-16% compared to baseline

Grocery & pharmacy
-11% compared to baseline

Parks
-19% compared to baseline

Transit stations
-16% compared to baseline

Workplaces
-24% compared to baseline

Residential
+8% compared to baseline

South Dakota

Retail & recreation
-8% compared to baseline

Grocery & pharmacy
-1% compared to baseline

Parks
+2% compared to baseline

Transit stations
-8% compared to baseline

Workplaces
-12% compared to baseline

Residential
+7% compared to baseline
Tennessee

Retail & recreation
-18% compared to baseline

Grocery & pharmacy
-13% compared to baseline

Parks
-11% compared to baseline

Transit stations
-22% compared to baseline

Workplaces
-24% compared to baseline

Residential
+9% compared to baseline

Texas

Retail & recreation
-19% compared to baseline

Grocery & pharmacy
-13% compared to baseline

Parks
-22% compared to baseline

Transit stations
-29% compared to baseline

Workplaces
-29% compared to baseline

Residential
+10% compared to baseline
Utah

Retail & recreation
-20% compared to baseline

Grocery & pharmacy
-10% compared to baseline

Parks
-11% compared to baseline

Transit stations
-35% compared to baseline

Workplaces
-28% compared to baseline

Residential
+11% compared to baseline

Vermont

Retail & recreation
-34% compared to baseline

Grocery & pharmacy
-21% compared to baseline

Parks
-37% compared to baseline

Transit stations
-57% compared to baseline

Workplaces
-29% compared to baseline

Residential
+15% compared to baseline
Virginia

Retail & recreation
-24% compared to baseline

Grocery & pharmacy
-10% compared to baseline

Parks
-22% compared to baseline

Transit stations
-42% compared to baseline

Workplaces
-35% compared to baseline

Residential
+14% compared to baseline

Washington

Retail & recreation
-30% compared to baseline

Grocery & pharmacy
-16% compared to baseline

Parks
+6% compared to baseline

Transit stations
-52% compared to baseline

Workplaces
-39% compared to baseline

Residential
+14% compared to baseline
West Virginia

Retail & recreation -20% compared to baseline

Grocery & pharmacy -12% compared to baseline

Parks -23% compared to baseline

Transit stations -23% compared to baseline

Workplaces -22% compared to baseline

Residential +9% compared to baseline

Wisconsin

Retail & recreation -23% compared to baseline

Grocery & pharmacy -11% compared to baseline

Parks -5% compared to baseline

Transit stations -28% compared to baseline

Workplaces -23% compared to baseline

Residential +11% compared to baseline
Wyoming

Retail & recreation
-18% compared to baseline

Grocery & pharmacy
-9% compared to baseline

Parks
+3% compared to baseline

Transit stations
-4% compared to baseline

Workplaces
-12% compared to baseline

Residential
+6% compared to baseline
About this data

These reports show how visits and length of stay at different places change compared to a baseline. We calculate these changes using the same kind of aggregated and anonymized data used to show popular times for places in Google Maps.

Changes for each day are compared to a baseline value for that day of the week:

- The baseline is the median value, for the corresponding day of the week, during the 5-week period Jan 3–Feb 6, 2020.
- The reports show trends over several weeks with the most recent data representing approximately 2-3 days ago—this is how long it takes to produce the reports.

What data is included in the calculation depends on user settings, connectivity, and whether it meets our privacy threshold. If the privacy threshold isn’t met (when somewhere isn’t busy enough to ensure anonymity) we don’t show a change for the day.

We include categories that are useful to social distancing efforts as well as access to essential services.

We calculate these insights based on data from users who have opted-in to Location History for their Google Account, so the data represents a sample of our users. As with all samples, this may or may not represent the exact behavior of a wider population.

We continue to improve our reports as places close and reopen. We updated the way we calculate changes for Groceries & pharmacy, Retail & recreation, Transit stations, and Parks categories. For regions published before May 2020, the data may contain a consistent shift either up or down that starts between April 11–18, 2020.

Preserving privacy

These reports were developed to be helpful while adhering to our stringent privacy protocols and protecting people’s privacy. No personally identifiable information, like an individual’s location, contacts or movement, is made available at any point.

Insights in these reports are created with aggregated, anonymized sets of data from users who have turned on the Location History setting, which is off by default. People who have Location History turned on can choose to turn it off at any time from their Google Account and can always delete Location History data directly from their Timeline.

These reports are powered by the same world-class anonymization technology that we use in our products every day and that keep your activity data private and secure. These reports use differential privacy, which adds artificial noise to our datasets enabling high quality results without identifying any individual person. These privacy-preserving protections also ensure that the absolute number of visits isn’t shared.

Further resources

To learn how you can best use this report in your work, visit Mobility Reports Help.

To get the latest report, visit google.com/covid19/mobility