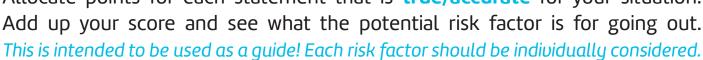
## COVID-19: The risk of going out

Allocate points for each statement that is true/accurate for your situation. Add up your score and see what the potential risk factor is for going out.





BEFORE MAKING A DECISION		
INFECTION RATE IN YOUR COUNTRY		
0-3%	0	
4-5%	1	
6-15%	2	
16% +	3	
YOUR RISK OF SEVERE ILLNESS		
Younger than 50	0	
No Commorbities	0	
50 – 59 years old	1	
59 years and older	2	
1 Commorbity/compromised immume system	2	
2 or more commorbidities and/or compromised immune system	3	
LIVING WITH A HIGH RISK INDIVIDUAL		
No	0	
Yes	2	



ACCESS CONTROL	
Those entering will not be screened on arrival or before entering	1
Hand hygiene is <b>not monitored and enforced</b> for all those entering	1
CLOSE CONTACT WITH OTHERS	
You won't easily be able to maintain 1.5m between yourself and others	1
Not everyone will be wearing masks	1
You will be mostly <b>outdoors</b>	0
You will be mostly indoors in a well ventilated space (windows & doors open)	1
You will be mostly <b>indoors in a poorly ventilated space</b> (windows & doors closed/no windows)	2
There will be <b>physical barriers</b> between yourself and others	<b>E</b>
Less than 5 people in the space	0
Between 5 – 20 people in the space	1
Between 20 – 50 people in the space	2
More than 50 people in the space	3
LENGTH OF TIME INTERACTING WITH OTHE	ERS
Less than 15 minutes	0
Between 15 minutes and an hour	1
Over an hour	2
SHARING EQUIPMENT/TOOLS WITH OTHER	S
Equipment/tools are not sanitised and disinfected	2
TYPE OF INTERACTION WITH OTHERS	
Silent	0
Speaking	1
Singing/shouting	2

## How many points did you score? 0-5 **Low Risk**

**Moderate Risk** 

10-15 **High Risk** 15+

Extremely high risk



Any information contained herein is merely a guideline. Always visit your healthcare practitioner for any health-related advice or diagnosis.

