

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. *This is intended to be used as a guide! Each risk factor should be individually considered.*



At the Venue

FACTORS TO CONSIDER 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 Comorbities **0**
- 50 - 59 years old **1**
- 59 years and older **2**
- 1 Comorbidity/compromised immune system **2**
- 2 or more comorbidities and/or compromised immune system **3**

LIVING WITH A HIGH RISK INDIVIDUAL

- No **0**
- Yes **2**

Travelling to the Venue



TRAVEL DETAILS

- You **won't** be using public transport **0**
- You will need to utilise public transport **with precautions** in place (windows open, proper cleaning, everyone is wearing a mask, hand sanitisation) **2**
- You will need to utilise public transport **with no precautions** in place **3**

ACCESS CONTROL

- Those entering **will not be screened** on arrival or before entering **1**
- Hand hygiene is **not monitored and enforced** 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 **outdoors** **0**
- You will be mostly **indoors in a well ventilated space** (windows & doors open) **1**
- You will be mostly **indoors in a poorly ventilated space** (windows & doors closed/no windows) **2**
- There will be **physical barriers** between yourself and others **-1**
- 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 OTHERS

- Less than **15 minutes** **0**
- Between **15 minutes and an hour** **1**
- Over an hour** **2**

SHARING EQUIPMENT/TOOLS WITH OTHERS

- 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
- 10-15** High Risk
- 5-10** Moderate 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.