

COVID Risk Assessment Fact Sheet Social Media Toolkit

Social Media Message: New, more contagious COVID-19 variants are spreading in Indian Country. Swipe to use our COVID-19 Risk Assessment Tool to help you decide what activities can put you and your family at higher risk for getting sick with COVID-19. As always, staying up to date with your COVID-19 vaccinations and masking in public will give you an added layer of protection!

#VacciNation #NativesStopTheSpread #NativesDoingTheirPart #IndigenousHealth #NativeAmerican #AmericanIndian #AlaskanNative #HealthyTribes #IndigenousPeople #NativeHealth #TribalHealth #COVIDWarrior

Tags:

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JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

MEASURING YOUR RISK FOR COVID-19

With new, more contagious variants spreading, it's important to know how to measure your risk for getting COVID-19 during your daily activities.

SWIPE to learn more about how to measure your risk and to view our risk measurement tool!



REMEMBER THE 3 MAJOR FACTORS: LOCATION, TIME, AND CROWDING.



LOCATION

Is the activity outdoors? Outdoor activities are safer than indoor activities.



TIME





How long will you be doing the activity? Spending more time around others increases your risk.



CROWDING

Will there be a lot of people in a small space? Activities where there is space in between people are safest.

MEASURING YOUR RISK FOR COVID-19

				Score
Activity What are you doing?	Location Is the activity outside?	Time Is the activity 15 minutes or less?	Crowding Is there lots of space in between people?	0, 1 - Low Risk 2 - Moderate Risk 3 - High Risk
Getting fuel	✓	✓	✓	0
Going on a walk with others	✓	✗	✓	1
Playing an outdoor sport	✓	✗	✓	1
Eating at a restaurant	✗	✗	✓	2
Playing an indoor sport	✗	✗	✓	2
Shopping at an indoor store or market	✗	✗	✓	2
Attending indoor family gathering with others	✗	✗	✗	3

REDUCE YOUR RISK. GET VACCINATED AND MASK UP WHEN AROUND OTHERS!

Vaccination greatly reduces risk of severe illness for those who do get COVID-19. Both vaccination and masking can protect someone from getting sick and can prevent someone from spreading the disease to others.



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