

# Out and About: Assessing My Risk of Infection

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**Mark Nichter, PhD, MPH<sup>1</sup>, Collin Catalfamo, MPH<sup>2</sup>, Amy Lind<sup>2</sup>, Joseph Fong, MPH<sup>3</sup>**

<sup>1</sup> School of Anthropology, The University of Arizona

<sup>2</sup> Mel and Enid Zuckerman College of Public Health, The University of Arizona

<sup>3</sup> Fielding School of Public Health, University of California Los Angeles



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# As a rule follow the Three Cs





## **Avoid:**

- 1. Closed and poorly ventilated spaces**
- 2. Crowds**
- 3. Close contact**



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# Social activities and levels of risk

LOWEST RISK	MODERATE RISK	HIGHER RISK	HIGHEST RISK
			
<b>HOME ALONE OR WITH HOUSEMATES</b>	<b>OUTDOOR ACTIVITIES</b>	<b>OUTDOOR GATHERINGS</b>	<b>INDOOR GATHERINGS</b>
<ul style="list-style-type: none"><li>• Stay home as much as possible.</li><li>• Try to allow only people you live with into your home.</li><li>• Wash your hands.</li><li>• If you're sick, stay home and isolate from housemates.</li></ul>	<ul style="list-style-type: none"><li>• Wash your hands and don't touch your face.</li><li>• Stay at least 6 feet from people you don't live with.</li><li>• Wear a mask.</li><li>• Avoid shared surfaces, like swings or benches.</li></ul>	<ul style="list-style-type: none"><li>• Wash your hands and don't touch your face.</li><li>• Stay at least 6 feet from people you don't live with.</li><li>• Wear a mask.</li><li>• Don't share food, toys, and other items, and avoid shared surfaces.</li><li>• Participate in events like these infrequently.</li></ul>	<ul style="list-style-type: none"><li>• Wash your hands and don't touch your face.</li><li>• Stay at least 6 feet from people you don't live with.</li><li>• Wear a mask.</li><li>• Don't share food, toys, and other items, and avoid shared surfaces.</li><li>• Open windows for better ventilation.</li><li>• Try to avoid gathering indoors as much as possible.</li></ul>

Adapted from Julia Marcus, Harvard, and Eleanor Murray, Boston University

**Vox** ED

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# COVID-19

CORONAVIRUS DISEASE

## BE INFORMED:

### Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

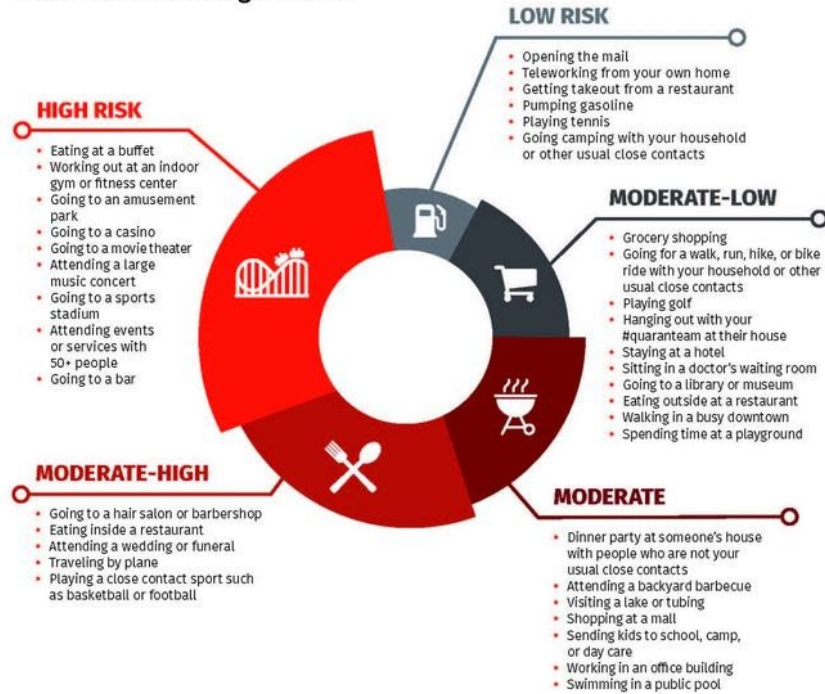
Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases





# COVID-19 RISK INDEX

Know Your Risk During COVID-19



**For ALL Activities:**

- Stay home when you are sick or if you think you have been exposed
- Wear a mask when feasible
- Keep at least 6 ft between yourself and non-household members
- Wash your hands frequently



Some activities can run the entire risk spectrum. More people in a smaller space equals a higher risk.

For more information, visit: [azhealth.gov/COVID19](https://azhealth.gov/COVID19)



# COVID-19 RISK INDEX

Know Your Risk During COVID-19

Always wear a mask when in public

Risk level	Activity <i>On a scale of 1 to 10, how risky is...</i>	
1	Opening the mall	LOW RISK
1	Teleworking from your own home	
2	Getting takeout from a restaurant	MODERATE-LOW
2	Pumping gasoline	
2	Playing tennis	
2	Going camping with your household or other usual close contacts	MODERATE RISK
3	Grocery shopping	
3	Going for a walk, run, hike, or bike ride with your household or other usual close contacts	
3	Playing golf	MODERATE-HIGH
4	Hanging out with your #quaranteam at their house	
4	Staying at a hotel	
4	Sitting in a doctor's waiting room	HIGH RISK
4	Going to a library or museum	
4	Eating outside at a restaurant	
4	Walking in a busy downtown	
4	Spending time at a playground	
5	Dinner party at someone's house with people who are not your usual close contacts	
5	Attending a backyard barbecue	
5	Visiting a lake or tubing	
5	Shopping at a mall	
6	Sending kids to school, camp, or day care	
6	Working in an office building	
6	Swimming in a public pool	
7	Going to a hair salon or barbershop	
7	Eating inside a restaurant	
7	Attending a wedding or funeral	
7	Traveling by plane	
7	Playing a close contact sport such as basketball or football	
8	Eating at a buffet	
8	Working out at an indoor gym or fitness center	
8	Going to an amusement park	
8	Going to a casino	
8	Going to a movie theater	
9	Attending a large music concert	
9	Going to a sports stadium	
9	Attending events or services with 50+ people	
9	Going to a bar	

For more information, visit: [azhealth.gov/COVID19](https://azhealth.gov/COVID19)



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# COVID-19 and Exercising: Exercising is good, but be careful around others

- Studies show that moderate exercise can increase immune function.
- **If you are planning on going to a gym or other indoor activities, wear a mask.**
- Can outdoor exercise increase transmission of COVID-19? → **maybe**
  - **The number of viral particles increases due to increased respiration**
  - **Increase physical distancing beyond 6 feet to avoid viral particles breathed out by walkers, runners, and cyclists**
  - **Avoid walking directly behind individuals**
  - **Avoid exercising in areas that are highly populated**



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# Restaurant risk

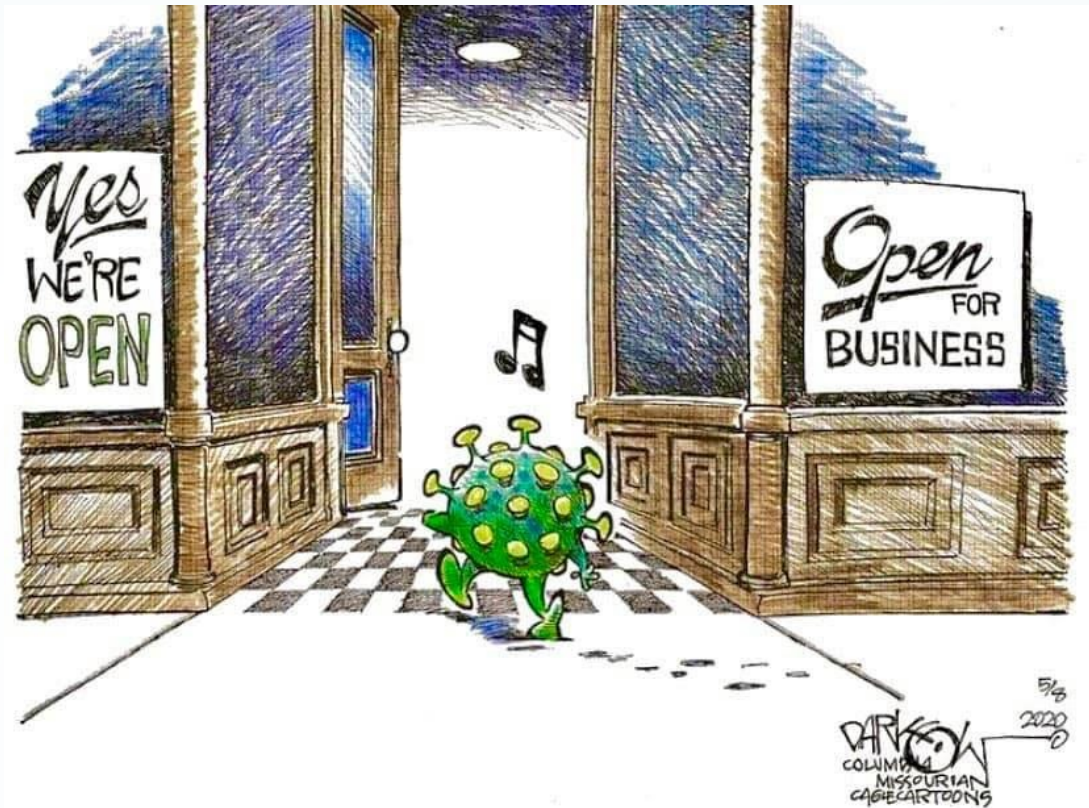
- **The more an individual interacts with others, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of COVID-19 spread increases in a restaurant or bar setting as follows:**
  - **Lowest Risk:** Food service limited to drive-through, delivery, take-out, and curbside pick up.
  - **More Risk:** Drive-through, delivery, take-out, and curbside pick up emphasized. On-site dining limited to outdoor seating. Seating capacity reduced to allow tables to be spaced at least 6 feet apart.
  - **Even More Risk:** On-site dining with both indoor and outdoor seating. Seating capacity reduced to allow tables to be spaced at least 6 feet apart.
  - **Highest Risk:** On-site dining with both indoor and outdoor seating. Seating capacity **not** reduced and tables **not** spaced at least 6 feet apart.





# Is dining out a significant risk factor? Yes

- A new study from Centers For Disease Control and Prevention found that adults > 18 years of age who tested positive for the coronavirus were about twice as likely to have dined at a restaurant within a two-week period prior to becoming sick than those with negative SARS-CoV-2 test result
- Eating and drinking on-site at locations that offer such options appears to be an important risk factor associated with SARS-CoV-2 infection





# Toilet safety when outside the home

- **When out and about or at work, the safest toilets are toilets with the least traffic, fewest occupants at one time, and greatest distance between people at stalls and sinks.**
- Public restrooms are confined high-traffic spaces that no doubt will contribute to the transmission of coronavirus
  - Wear a mask when in a toilet (especially one with high traffic/heavy usage)
  - Wash hands (or use hand sanitizer) after using a toilet—common sense but studies have demonstrated that a majority of people do not in fact wash their hands after using a toilet (there are many surfaces that people don't think could be contaminated, but in reality could be) Still need to wash hands when changing a baby (don't just use a wet wipe as **these are not sanitizers**).



# Toilet safety when outside the home

- Viral RNA is detectable in fecal samples from cases of COVID-19, indicating that the virus sheds into the stool
  - Viral gastrointestinal infection and potential fecal-oral transmission can last even after viral clearance from the respiratory tract
- Whether fecal oral transmission of COVID-19 is common or uncommon requires additional investigation
- **To reduce the chance of dangerous toilet plume, virus and bacteria escaping from the toilet into the air, always close the lid of the toilet and then flush if there is a top lid present.**
  - 80% of particles that escape from fecal matter into the air can be prevented by closing the lid of a toilet when flushing





# Toilet safety when outside the home: Avoid hand dryers

- Researchers at the University of Connecticut and Quinnipiac University in 2018 confirmed suspicions that hand dryers inhale bacteria from the air and deposit them on you freshly washed hands.
  - Petri dishes exposed to bathroom air for two minutes, hand dryers off, grew no more than one colony of bacteria. Petri dishes exposed to hot hand-dryer air for 30 seconds grew up to 254 colonies of bacteria.
- Studies have also shown that air dryers can spread infectious aerosols
  - Hot air dryers recirculate washroom air and can spread bacteria to a distance of 3 feet
  - Jet air dryers often have an air filter but can spread hand contaminants to a distance of **at least 6 feet**





# Toilet safety when outside the home

- Use touchless paper-towel dispensers if possible
- On your way out, after drying your hands, use a fresh paper towel to open the restroom door.

Pros and Cons of Different Hand-Drying Methods			
	Paper Towels	Hot air dryer	Jet air dryer
Reduces pathogens on hands	✓	✗	✗
High drying efficiency	✓	✗	✗
Incorporates air filter		✗	✓
Low spread of aerosolized pathogens	✓	✗	✗



# Going to the gym: caution is advised

- **Gyms have been identified as hot spots for COVID-19 transmission.**
  - High-intensity workouts in gyms can lead to greater virus transmission.
- **Masks, being greater than 6 feet apart and excellent ventilation are a must**
  - Good sanitation of machines and weights are important, but more important are masks and ventilation as most virus is transmitted through airborne droplets and smaller aerosol particles.



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# Transportation safety

- **Practice hand hygiene and respiratory etiquette.**
  - Before you leave, [wash your hands](#) with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
  - Once you reach your destination, [wash your hands again](#) with soap and water for at least 20 seconds or use hand sanitizer.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw used tissues in the trash and wash your hands immediately
- **Practice social distancing.**



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# Transportation safety

- During travel, try to keep at least 6 feet (2 meters) from people who are not in your household — for example, when you are waiting at a bus station or selecting seats on a train.
- **Wear cloth face coverings.**
- Wear a [cloth face covering](#) when physical distancing is difficult.
  - Note: [Cloth face coverings](#) should **not** be placed on:
    - Babies and children younger than 2 years old
    - Anyone who has trouble breathing or is unconscious
    - Anyone who is incapacitated or otherwise unable to remove the cloth face covering without assistance
- [Cloth face coverings](#) are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms.



# Airplane travel

## How to reduce risk?

- A window seat may reduce risk as you will have fewer people in a 6-foot radius around you.
- Bring wipes to disinfect anything you may need to touch.
- Check with airline ahead of time for sanitizing and distancing policies.
- Wear a mask and bring hand sanitizer.
- Air circulation systems on most planes are quite good. They have [high-efficiency particulate air \(HEPA\) filters](#) and high rates of air exchange
  - This still does not protect you from what is happening immediately around you
  - Some experts think using the air nozzle above your seat is an effective way to reduce your risk of infection. However, it is advisable not to direct the stream of air at your face.
- **Wearing a mask may significantly cut transmission!**
  - **One study reported infection rate of <1% simply by masking, but methodology may be questionable**



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# Do not fly if you have COVID-19!

- You risk spreading COVID-19 to everyone you interact with (e.g. flight crew, other passengers, individuals in the airport)
  - These exposed individuals could further spread it to other states and countries
- Changes in altitude present significant health risk to **you!**
  - Although cabins are pressurized, air pressure is still ~25% lower in the cabin than at sea level
  - Flying with a respiratory illness could result in hypoxia, respiratory failure, and [death](#)



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# What safety precautions should you follow after you have been vaccinated?

**See our guide as to what you can and should not do once you have been vaccinated**



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