

# COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

■ **Enclosed space**   ■ **Duration of interaction**

■ **Crowds**

Density of people + challenges for social distancing

■ **Forceful exhalation**

Sneezing, yelling, singing, and coughing

## Low

### Staying at home

alone or with members of your household



### Walking outdoors

with or without pets



**Picking up takeout food, coffee, or groceries from stores**



**Biking or running** alone or with another person



**Risks:** Close contact or potential clustering of people

## Low / Medium

### Grocery shopping

**Risks:** Indoor, close contact, potential clustering of people, high touch surfaces



### Retail shopping

**Risks:** Indoor, close contact, potential clustering of people



## Medium

### Visiting hospital emergency department

**Risks:** Indoor, potential clustering of people



### Medical office visit

**Risks:** Indoor, close contact, potential clustering of people, high-touch surfaces



### Dentist appointment

**Risks:** Indoor, close contact, potential clustering of people, patient not wearing a mask



### Outdoor restaurant dining

**Risks:** Potential clustering of people, challenge to wear a mask during eating



## Medium / High



### Exercising at a gym

**Risks:** Indoor, close contact/potential clustering of people, high-touch surfaces, difficult to wear a mask, high respiratory rate



### Hair/nail salon and barbershops

**Risks:** Prolonged close contact, difficult to wear a mask



### Working in an office

**Risks:** Indoor, high-touch surfaces, prolonged close contact/potential clustering of people



### Indoor restaurant or coffee shop

**Risks:** Indoor, prolonged close contact/potential clustering of people, difficult to wear mask while eating and drinking

## High

### Bars & nightclubs

**Risks:** Enclosed space, prolonged close contact/potential clustering of people, high respiratory rate, yelling/projection of voice



### Indoor party

**Risks:** Indoor, prolonged close contact/potential clustering of people  
**Additional risks:** alcohol (loss of inhibition), shared joint/pipe (coughing)

### Playing contact sports

Football, basketball, soccer, etc.

**Risks:** Prolonged close contact/potential clustering of people, high respiratory rate, unable to wear a mask



### Movie theater

**Risks:** Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces

### Air travel

**Risks:** enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces



### Religious services

**Risks:** enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, singing/projection of voice

### Concert

**Risks:** Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice



### Watching sports

**Risks:** Prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice, enclosed space (if indoor)

# Protect Yourself & Others from COVID-19



**Wash your hands with soap and water** or use hand sanitizer that contains at least 60% alcohol



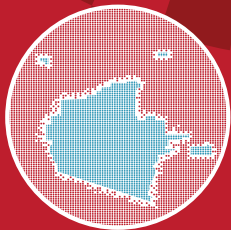
**Cover your mouth and nose with a mask** when around others



**Cover cough and sneezes**



**Avoid close contact and practice social distancing**



**Contact:**

**Tohono O'odham Nation Health Care**

**Sells: 520-383-7209 | San Simon: 520-362-7078**

**San Xavier: 520-295-2529 or 520-295-2590**

