



Umbrella Multicultural Health Co-op

COVID-19 INFORMATION MEMO

13-July-2020

Risk of Exposures for Common Activities

As we continue the progress of reopening, the risk of contracting the COVID-19 virus is still present in our communities. Before engaging in activities, it is helpful to know the risk of exposure.

The risk levels for exposure are based on four main factors:

- Being inside
- How long the interaction is
- The density of people and challenges for social distancing (crowds)
- Forceful exhalation (such as sneezing, coughing, singing, and yelling)

Here is a brief summary of the risk levels for some common activities.

Low risk:

- Staying at home, alone or with members of your household;
- Walking outdoors, with or without pets;
- Picking up takeout food, coffee, or groceries from delivery or from stores
- Running or biking, alone or with another person;
- Outdoor picnic or porch dining, with adequate physical distancing if non-household people are present;
- Camping with household members, with adequate physical distancing from other campers.

Low/Medium risk:

- Playing “distanced” sports outside, such as tennis or golf;
- Grocery shopping;
- Retail shopping.

Some risks of exposure might be: being indoors, being in close contact with other shoppers, potential clustering of people, and high-touch surfaces.

Medium risk:

- Visiting hospital emergency department;
- Medical office visit or dentist appointment;
- Taking a taxi or a ride-sharing service;
- Sending your children to day camp, school, or daycare;
- Visiting museums, art galleries, and aquariums;
- Eating at an outdoor restaurant.

Apart from being indoors, close contact with others, potential clustering of people, and high-touch surfaces, additional risks may come from difficulty wearing a mask.

Medium/high risk:

- Exercising at a gym;
- Visiting hair/nail salon and barbershops;
- Working in an office;
- Dining at indoor restaurants or coffee shops;
- Visiting amusement parks and theme parks that attract many visitors.

The risks of being indoors, prolonged close contact with others, clustering of people, high-touch surfaces, and difficulty of wearing a mask are present in these activities. Additional risks include: high respiratory rate when exercising, being in crowds, and shouting/projection of voice.

High risk:

- Indoor parties with more than 6 people outside of your household;
- Going to bars and nightclubs;
- Playing contact sports, such as basketball, soccer, football, etc;
- Air travel;
- Public transportation, such as taking the bus or SkyTrain;
- Concerts, movie theatres, sporting events;
- Religious services with more than 50 attendees.

These activities have the highest risks due to potential crowding of people outside of your household, prolonged contact in confined spaces, others not wearing masks, high-touch surfaces, and yelling/singing/projection of voice.

By wearing a mask, avoiding crowds, and frequently washing your hands, you can reduce the risk of exposure and protect your family and community.

Sources: Ezekiel J Emanuel, MD, PhD Perelman School of Medicine at the University of Pennsylvania / James P. Phillips, MD, EMT-T George Washington University / Saskia Popescu, PhD, MPH University of Arizona/George Mason University, www.covid19reopen.com