

# COVID-19 Risk Assessment



Contracting COVID-19 can pose serious, immediate, and long-term health risks, which can significantly impact a person's quality of life and can result in hospitalization or death. The best way to ensure you are protected from the most serious risks posed by COVID-19 is to get **fully vaccinated and stay up to date**.

**Reminder:** Vaccine protection wanes over time, be sure to stay up to date by getting boosted when eligible.

## Questions to Consider

- What is the Community Level?
- What are your personal health risk factors\*?
  - Vaccination status
  - Age
  - Overall health, access to healthcare
  - High risk factors
- Do I live with someone or am I in contact regularly with someone with high-risk factors?
- If I get sick, do I have access to testing and symptom-reducing medications?
- If I get sick, do I have the ability to isolate and quarantine? Can I miss work or school?

**If you are fully vaccinated and up to date\*\***



### Continue following these precautions:

- If you feel sick, stay home and get tested. If you test positive, stay home for five days, and mask whenever you leave the house for the next five days
- If you have regular close contact with someone who has higher risk for serious complications from COVID-19, or people who are not vaccinated, consider wearing a mask
- Practice good hand hygiene
- Consider wearing a mask in crowded areas, places where unvaccinated people may be and if you are around someone who is at high risk for severe COVID-19
- Seek out and maintain good ventilation in indoor areas
- You can travel more freely

**If you're not fully vaccinated**



### High-risk activities can be dangerous:

- Indoor activities can be risky if you are not wearing a mask
- Avoid non-essential travel
- Avoid events with large groups of people
- **Join lower risk activities**
  - Consider outdoor activities instead of indoor gatherings
- **Protect yourself in public spaces**
  - Wear a snugly fit medical grade mask around others and around people at high risk for severe disease, hospitalization or death and around people who have frequent close contact with someone who is at higher risk for more severe disease
  - Work remotely if possible and avoid in-person meetings
- **Seek medical care if you need it**
  - If you feel sick or have known exposure to someone with a confirmed case of COVID-19, stay home and get tested
  - Oral therapeutics can reduce serious illness and death from COVID-19 and are now available at medical offices and pharmacies across the state
  - Don't skip preventative care or mental health care. To reduce exposure risk, consider using telehealth resources

## UNDERSTAND YOUR RISK

LOWER RISK



- VACCINATED & UP TO DATE
- SMALLER GROUPS
- OUTDOORS
- MASKED



HIGHER RISK



- UNVACCINATED
- LARGER GROUPS
- INDOORS
- UNMASKED

### FOR ALL ACTIVITIES

- Because risk is cumulative (risk of infection increases with every close contact), some may wish to prioritize activities that are important to them and forgo others, depending on their individual risk factors.
- If you have symptoms or known exposure to COVID-19 stay home and get tested.