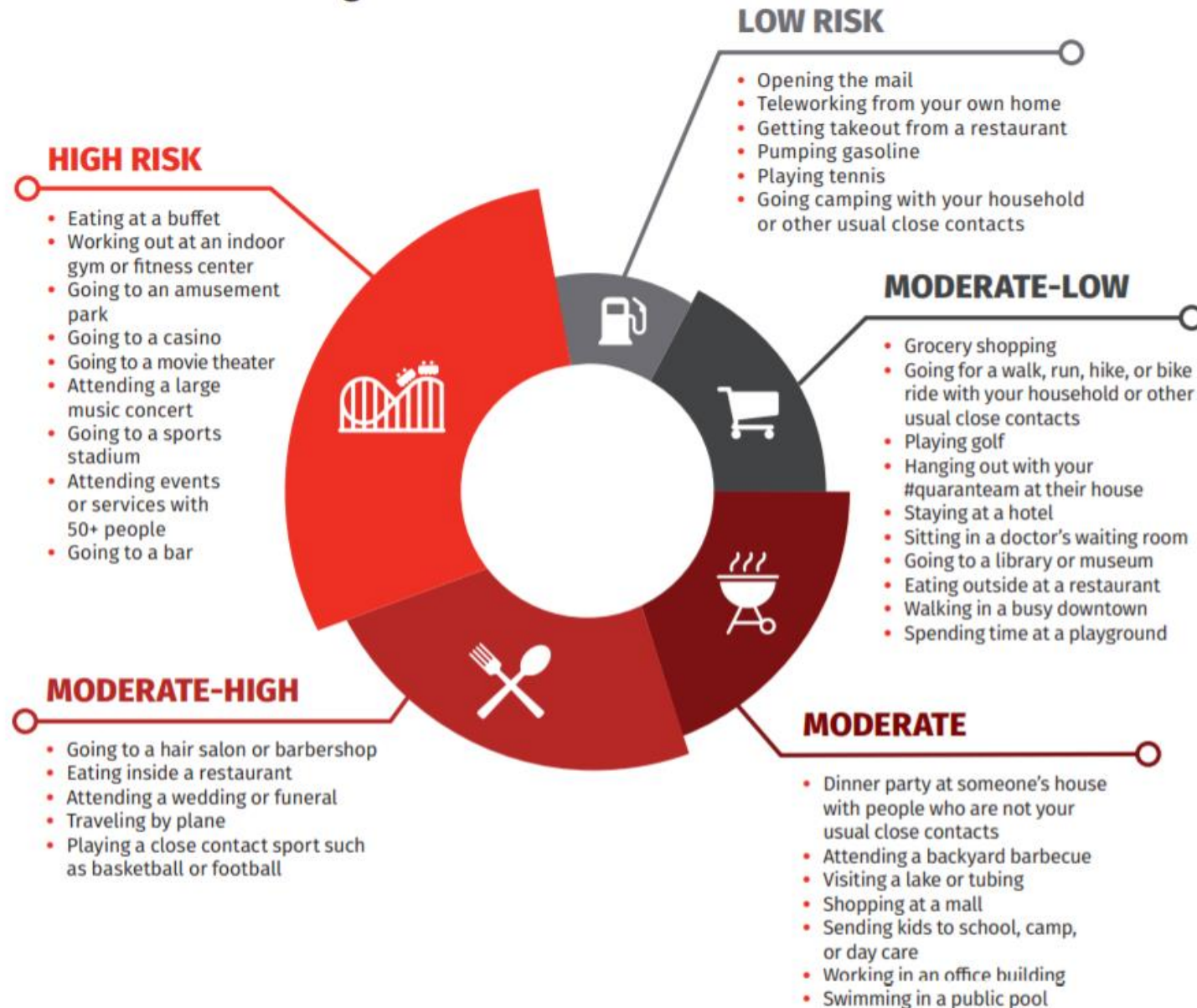


COVID-19 RISK INDEX

Know Your Risk During COVID-19



WORKER EXPOSURE RISK TO COVID-19 (OSHA)

Classifying Worker Exposure to SARS-CoV-2

Worker risk of occupational exposure to SARS-CoV-2, the virus that causes COVID-19, during an outbreak may depend in part on the industry type and need for contact within 6 feet of people known to have, or suspected of having, COVID-19.

OSHA has divided job tasks into four risk exposure levels, as shown below. Most American workers will likely fall in the lower exposure risk (caution) or medium exposure risk levels.

Occupational Risk Pyramid for COVID-19

VERY HIGH EXPOSURE RISK

Jobs with a high potential for exposure to known or suspected sources of COVID-19 during specific medical, postmortem, or laboratory procedures. Workers include:

- Healthcare and morgue workers performing aerosol-generating procedures on or collecting/handling specimens from potentially infectious patients or bodies of people known to have, or suspected of having, COVID-19 at the time of death.

HIGH EXPOSURE RISK

Jobs with a high potential for exposure to known or suspected sources of COVID-19. Workers in this category include:

- Healthcare delivery, healthcare support, medical transport, and mortuary workers exposed to known or suspected COVID-19 patients or bodies of people known to have, or suspected of having, COVID-19 at the time of death.

MEDIUM EXPOSURE RISK

Jobs that require frequent/close contact with people who may be infected, but who are not known or suspected patients. Workers in this category include:

- Those who may have contact with the general public (e.g., schools, high-population-density work environments, some high-volume retail settings), including individuals returning from locations with widespread COVID-19 transmission.



The four exposure risk levels represent probable distribution of risk.

CASE

- Someone who has COVID 19 and has a positive RTPCR test for SARSCOV2
- A **SUSPECT OR A PROBABLE CASE** is someone exposed to a case who develops symptoms even if they have not had a test yet.

CONTACTS

- Someone who had contact with a case while they were infectious during their illness and 2 days before their illness began.

CLOSE CONTACTS

- Someone who may not have had any physical contact at all but was close to the person who's infectious.
- They were within 6 feet of the person for at least 15 mins or more (without proper protection). 6 ft is the distance that respiratory droplets can travel.

Physical contact

- Anyone who had direct physical contact with someone who is infectious is at risk of infection.

Proximate contacts

- People who have been in the same room for extended period, maybe an hour or more with an infectious person, but they were more than 6 feet away.
- They have had contact with the same surface

ISOLATION

- Keeps sick people separate from healthy people.
- Restricted to home or hotel
- Separate space in hospital to limit contact for the duration of infectiousness.
 - 2 days before onset
 - At least 10 days after onset of symptoms must be improving and no fever within 24 hrs

QUARANTINE

- Restricts movement and contact of healthy people who have been exposed
- For 14 days since the last contact with the person who is infected.

Calculating the isolation and quarantine period

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

How to Quarantine for close contacts

- Try to not to have contact with other people, except if you need to see a doctor. If you live with other people , try to find another place to stay; or use your own bedroom and bathroom. If you can't avoid being around other people, you should always wear a face mask. The mask should be completely cover your nose and mouth. You must complete the 14-day quarantine period.
- Quarantine restricts movement of healthy people who have been exposed.
- Quarantine duration is for 14 days since the last contact with the person who is infected.