

## COVID Risk Assessment Fact Sheet Social Media Toolkit

**Social Media Message:** New, more contagious COVID-19 variants are spreading in Indian Country. Swipe to use our COVID-19 Risk Assessment Tool to help you decide what activities can put you and your family at higher risk for getting sick with COVID-19. As always, staying up to date with your COVID-19 vaccinations and masking in public will give you an added layer of protection!

#VacciNation #NativesStopTheSpread #NativesDoingTheirPart #IndigenousHealth #NativeAmerican #AmericanIndian #AlaskanNative #HealthyTribes #IndigenousPeople #NativeHealth #TribalHealth #COVIDWarrior

Tags:


@Anthctoday @Aaipdocs @CDCgov @HealthyNativeYouth @HonoringNations @IndianCountryToday @\_IllumiNatives @IndianHealthBoard\_Minneapolis @IndianHealthService @Indianz @JohnsHopkinsSPH @NationalIndianHealthBoard @Npaihb @Nihb1 @NationalNativeNews @NativeAmericans @NativeAmericanLifelines @Nimhgov @NNNativenews @ProjectMosaicllc @SeattleIndianHealthBoard @UrbanIndigenousCollective@UrbanIndianHealth @UrbanIndianHealthInstitute @WeAreHealers @WeRNative @HealthyN8Vyouth @HonoringNations @\_Illuminatives @JohnsHopkinssph @Npaihb @ProjectMosaicLC @UrbanIndigenousCollective @Nimhgov @Nimhd @Nihb1 @UrbanIndianHealth @WeAreHealers

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

# MEASURING YOUR RISK FOR COVID-19

With new, more contagious variants spreading, it's important to know how to measure your risk for getting COVID-19 during your daily activities.

SWIPE to learn more about how to measure your risk and to view our risk measurement tool!



JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

# REMEMBER THE 3 MAJOR FACTORS: LOCATION, TIME, AND CROWDING.



## LOCATION

Is the activity outdoors? Outdoor activities are safer than indoor activities.



## TIME

How long will you be doing the activity? Spending more time around others increases your risk.



## CROWDING

Will there be a lot of people in a small space? Activities where there is space in between people are safest.

# MEASURING YOUR RISK FOR COVID-19

Activity What are you doing?	Location Is the activity outside?	Time Is the activity 15 minutes or less?	Crowding Is there lots of space in between people?	Score 0, 1 - Low Risk 2 - Moderate Risk 3 - High Risk
Getting fuel	✓	✓	✓	0
Going on a walk with others	✓	✗	✓	1
Playing an outdoor sport	✓	✗	✓	1
Eating at a restaurant	✗	✗	✓	2
Playing an indoor sport	✗	✗	✓	2
Shopping at an indoor store or market	✗	✗	✓	2
Attending indoor family gathering with others	✗	✗	✗	3

# REDUCE YOUR RISK. GET VACCINATED AND MASK UP WHEN AROUND OTHERS!

Vaccination greatly reduces risk of severe illness for those who do get COVID-19. Both vaccination and masking can protect someone from getting sick and can prevent someone from spreading the disease to others.



JOHNS HOPKINS  
CENTER FOR  
AMERICAN  
INDIAN  
HEALTH

