

COVID-19 & Risk Calculations
Three Social Factors
[Descriptive Transcript]

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Staying safe from COVID-19 requires weighing different risks based on the situation.

Risk isn't binary.

[A continuum of risk, depicted by a thin rectangle with a gradient from white to dark grey, appears on the screen with lower written on the left-hand side and higher written on the right-hand side.]

Thinking about a **spectrum of risk** can help you choose the lowest-risk options for socializing that will be sustainable for you.

You can think about everyday risks in terms of 3 factors.

Interactions.

Distance.

Duration.

[these three words appear in a Venn diagram of three overlapping circles]

Interaction: how many people are you interacting with & how frequently?

Distance: how physically close are you to others?

Duration: how long are your interactions?

Interactions & Risk

Interactions refer to the **number of people** you interact with and the **frequency of those interactions**.

Risk is higher if you are meeting with people you don't live with, particularly if you don't know where they have been in the last 2 weeks.

Distance & Risk

Whenever you are **fewer than 6 feet** away from people, your risk increases, especially if you're indoors or people aren't wearing masks.

Duration & Risk

The **longer the interaction**, the higher the risk. Are you passing someone in a hallway? Or having an extended encounter or conversation?

Considering these 3 factors in the course of our normal daily activities and behaviors can help you assess the level of risk involved.

You already make risk calculations many times each day.

[A female character appears walking outdoors while wearing a mask. As she walks, you see examples of risk calculations being made written along the path she is walking: where to eat, exercise, getting around town, grocery shopping, social connection.]

Let's look at some examples comparing risk levels within types of activities:

Walking or Running Outside

[The Venn diagram of interaction, distance, and duration appears in the upper left corner, along the bottom of the screen is the continuum of risk with lower on the left side and higher on the right.]

By yourself

[A triangle indicates that this is on the lower end of the continuum of risk.]

With the people you live with

[A triangle indicates that this is slightly higher risk than the previous activity.]

With one or two other people while maintaining distance and wearing masks

[A triangle indicates that this is slightly higher still than the previous activity.]

Large group without masks

[A triangle moves to the right end of the continuum indicating that this is on the higher end of the risk continuum.]

Casual Gatherings & Meals

[The Venn diagram of interaction, distance, and duration appears in the upper left corner, along the bottom of the screen is the continuum of risk with lower on the left side and higher on the right.]

With only the people in your household

[A triangle indicates that this is on the lower end of the continuum of risk.]

With fewer than 30 people, outside, while wearing masks, physical distancing and not sharing food

[A triangle indicates that this is slightly higher risk than the previous activity.]

With more than 30 people, indoors lengthy interactions, not physical distancing, not wearing a mask

[A triangle moves to the right end of the continuum indicating that this is on the higher end of the risk continuum.]

Romantic Encounters & Dates

[The Venn diagram of interaction, distance, and duration appears in the upper left corner, along the bottom of the screen is the continuum of risk with lower on the left side and higher on the right.]

Virtual dates

[A triangle indicates that this is on the lower end of the continuum of risk.]

Monogamous relationship

[A triangle indicates that this is slightly higher risk than the previous activity.]

Meeting a new romantic partner in-person

[A triangle indicates that this is slightly higher still than the previous activity.]

Frequent contact with different partners in-person

[A triangle moves to the right end of the continuum indicating that this is on the higher end of the risk continuum.]

Parties

[The Venn diagram of interaction, distance, and duration appears in the upper left corner, along the bottom of the screen is the continuum of risk with lower on the left side and higher on the right.]

With only the people in your household

[A triangle indicates that this is on the lower end of the continuum of risk.]

With fewer than 30 people, outside, while wearing masks, physical distancing and not sharing drinks

[A triangle indicates that this is slightly higher risk than the previous activity.]

With more than 30 people, indoors, not wearing a mask, not physical distancing, sharing drinks

[A triangle moves to the right end of the continuum indicating that this is on the higher end of the risk continuum and flames appear.]

Risk varies from situation to situation and person to person.

Those with underlying conditions – or interacting with someone with underlying conditions – have **additional factors** to take into consideration.

Vulnerability

Another risk factor to consider is if you or your social contacts are particularly vulnerable to the coronavirus, either because of underlying health conditions or age.

Chain of transmission

You are part of a network of people that you interact with, including your family, friends, roommates, peers, instructors, staff, essential workers, etc.

So evaluating risk is not just about your individual circumstances, but also of those within your network (and the people in **their** networks).

It's not just about **your** interactions, but all of **their** interactions, as well.

[A diagram appears showing a network of people and how they are connected to others throughout the network.]

John came from a state where masks were not required and seldom worn.

[Image of a student age man]

John says, "I'm young and healthy. I'm not really at risk. I'm not going to stress about the health guidelines. I'm just going to live my life."

[John shrugs his shoulders]

John goes to a party when he returns to campus.

[John is standing at a party with four friends].

John thinks to himself, "Hey, these people chose to come, too. They all look healthy. This is fine."

But it's not just about the people who are in attendance.

The chain of transmission means your interaction impacts **all of the people you come in contact with –** and all of the people **they come in contact with.**

[John appears on the far left of the screen. Sixteen other people appear on the screen indicating that they are all connected and part of a network of people that know John. Some are as far apart as three degrees of separation from him.]

[A red circle is drawn around John.]

The virus that causes COVID-19 can be spread whether or not someone has symptoms. John didn't have symptoms, but he had COVID-19.

[A red circle is drawn around a friend of John.] One of his friends has asthma.

[A red circle is drawn around another person in the network.] His friend's girlfriend is immunocompromised.

[A red circle is drawn around another person in the network.] One of their housemates smokes.

[A red circle is drawn around another person in the network.] One of their professors is over 65 years old.

[A red circle is drawn around another person in the network.] Their professor's research assistant is pregnant.

[A red circle is drawn around another person in the network.] Their lab supervisor has sickle cell disease.

[A red circle is drawn around another person in the network.] Their neighbor has heart disease.

Community Spread

Your decisions impact people you know and love, as well as people you've never met.

As you prepare for the academic year, keep these 3 factors in mind to make safer choices for yourself and your community.

Everyone has a role to play to protect our community.

[An infographic is displayed showing the various roles everyone has to play to protect their community.]

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Wash hands.

Wear a mask.

Maintain physical distance.

Mask up.

Back up.

Wash up.

Daily check up.

Did we mention wear a mask?

Brought to you by the Skorton Center for Health Initiatives @ Cornell Health.

[Image of Cornell University seal appears in lower left corner.]