



COVID-19 Travel and Social Gathering Risk Screening Tool

The tool below is intended to guide you in your decision-making on **travel** and participation in **social gatherings**. Realizing that older adults and those with underlying health conditions are extremely vulnerable to COVID-19, your decision-making can mean life or death for these individuals. Situations that may impact this decision-making include public health authority orders/advisories and potential COVID-19 cases in your home, our Orchard Ridge community and our greater community. This checklist is to serve as a resource for you to use in your decision-making.

Risks and Considerations

COVID-19 Exposure	Answers should be as follows:
Others travelling with me are practicing measures on how to reduce the spread of COVID-19 (hand washing, screening, social distancing, cleaning, cough etiquette).	Yes
Mask and sanitizer are available.	Yes
There are COVID-19 positive cases in my community.	No
There are COVID-19 positive cases in my household or with my travelling companions' households.	No
There are COVID-19 positive cases or large outbreaks at the location of travel.	No
My travelling companions are sick.	No

As you review the **Travel Risk Mitigation** and **Social Gathering Risk Mitigation** sections below, you should be able to answer “yes” to every question. If you answer “no,” you are encouraged to consider not travelling or attending the social gathering at this time. Answering “no” to any question increases the likelihood of being exposed/infected with COVID-19 and/or contributing to the spread of COVID-19, and may require a self-quarantine.

<p style="text-align: center;">Travel Risk Mitigation</p> <p>You should be able to answer “yes” to each of the following questions:</p>	<p style="text-align: center;">Should be able to answer Yes to each:</p>
Will I have the ability to practice safe hand hygiene throughout my travel? (restroom breaks, meal stops, gasoline refills, etc.)	Yes
Will I attempt to practice social distancing at all times during my travel? (consider stops such as highlighted above) Note: this excludes members of my household and travelling companions	Yes
Do I have confidence that others will wear a mask as I plan to do? (consider how you will determine whether it is “safe” to enter a business [lines of people standing too close to one another, many without masks, etc.]) If travelling group members or other people do not wear masks, will I/they attempt to practice social distancing of 6 feet or more?	Yes
Will I be in a group size of less than 10 people wherever I may travel? Not just at the destination, but including stops along the way?	Yes
Will I travel by a means that ensures I am not in close contact with people for longer than 15 minutes (does not apply to members of my household and travelling companions)? For example, <u>not</u> in an airplane, bus, train, subway.	Yes
Will I be able to clean and disinfect high-touch surfaces if lodging is necessary?	Yes
Will I have a sufficient amount of alcohol-based hand sanitizer (at least 70% alcohol) and keep it readily available?	Yes

Social Gathering Risk Mitigation You should be able to answer “yes” to each of the following questions:	Should be able to answer Yes to each:
Hand Hygiene. Will I have the ability to practice safe hand hygiene throughout the gathering (whether church, family event, or other social gathering)? i.e. I will not touch my face and will ensure 20 second hand washing prior to eating; will not shake hands, hug; etc.	Yes
Food/Dining. If there is food that is a part of the event/gathering, will I ensure that I provide my own food (i.e. I will not eat from a self-serve buffet or potluck) and will I provide my own utensils unless I know the food preparer exercised safe practices and/or this is a restaurant prepared meal?	Yes
Social Distancing. Will I, and any others in my household, be able to practice social distancing (6 feet or greater from all individuals outside my household) during the gathering? (when we arrive, while we participate and as we exit)? Will I make a diligent effort NOT to hug or shake hands?	Yes
Home events. If I am planning this social gathering for my own home, will the event be held outside? Should an attendee need to use a bathroom, will I make sure to keep my home safe (use separate bathroom if possible)? If bad weather causes the event to move inside, will all have masks, will I be able to maintain social distancing inside and sanitize all surfaces appropriately? Moving inside significantly increases the risk of exposure of COVID-19 spread, so time inside should be minimized and measures should be taken, if possible, to improve ventilation in the indoor area or room.	Yes
Masks. Do I have confidence that others will wear a mask as I plan to do? If children (of age to wear masks) are included in the event, will they also wear masks? If attendees do not wear masks, will I attempt to practice social distancing of 6 feet or more? <i>All are urged to become “mask messengers,” that is, urging others to understand the importance of wearing a mask?</i>	Yes
Cleaning and Sanitizing. Will I clean and disinfect all high-touch surfaces during the gathering when needed and after the gathering? Will I make sure to have cleaning and sanitizing supplies readily available during and after the gathering (disposable gloves, paper towels, approved disinfectants, waste cans, etc.)? Consider the availability of ready-to-use products such as sanitizing wipes. The CDC website (www.cdc.gov) provides useful guidance for cleaning and disinfecting your home.	Yes
Church. Church services will likely incorporate gatherings of greater than 10 individuals. Has the church taken steps to request that all attendees (including children) are wearing masks at all times? If individuals are not complying, will I attempt to practice social distancing of 6 feet or more? Will I immediately follow hand hygiene principles upon exit of the facility? Note: I will also avoid high risk functions at the church such as singing in the choir, handshakes, and hugging, for example.	Yes
Public Locations. Is the public space I’m visiting (such as store, restaurant, gym) taking steps to request that all patrons are wearing masks at all times (except when eating)? If individuals are not complying, will I attempt to exceed the minimum 6 feet of social distancing? Will I immediately follow hand hygiene principles upon exit of the facility?	Yes

**The table below reflects factors we hope you will consider
before you travel or gather with others.**

Health Related Risks (for you or for those in your family)
I have diabetes
I am severely obese (body mass index [BMI] of 40 or higher)
I am over 60 years old
I have a known chronic lung disease and moderate to severe asthma
I have known cardiac disease, including hypertension
I have an immunocompromising conditions (ex: HIV, cancer, smoking post-transplant, etc.)
I have chronic kidney disease undergoing dialysis
I have liver disease
I have other underlying health problems

Please note: This document is intended to provide a self-evaluation of the risks related to travel and social events. We have not identified every possible COVID-19 risk. Please consult your family physician with any personal concerns related to travel and social events.

*“In the end, it will be impossible to know if we over-reacted or did too much,
but it will be quite apparent if we underreacted or did too little.
Now is not the time to debate or criticize,
it is a time to band together,
to support one another,
to protect each other and ...
to get through this.”*

*Attributed in part to both
Dr. Amy Acton, Ohio Department of Health Director
& Ginny Uehlin, Vice President of Residential Affairs,
Episcopal Retirement Services (Cincinnati, OH)*

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