

## COVID-19 Family Risk Assessment

This document is intended to objectively rate family risk exposure to COVID-19 and facilitate thorough conversations about risk exposure with those outside the immediate family unit before families decide to freely socialize with one another. Its author (Gina Quirk) is NOT an expert, self-proclaimed or otherwise. She was just exhausted by the awkward social conversations she felt were necessary with her friends and loved ones.

This document can be adapted to work for any community, but all members must agree upon any edits before it can be properly implemented. To ensure your community is all working with the same version of this document, use the space below to label an agreed upon version with your community's name.

Community Name: \_\_\_\_\_

Your overall rating is equal to the highest number in ANY category and you must consider EVERY person in your family unit AND those with whom you socialize freely.

### WORKING ENVIRONMENT

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Work from home	100% work from home				
Low Risk Indoor Environment: well ventilated, spacious area where masks are required and social distancing is practiced		Report to work as needed, 3x or less per month	Report to work as needed, 1x per week or less	Report to work more than 1x/week	Report to work daily
High Risk Indoors: poorly ventilated, cramped area where masks are not required, social distancing is not practiced or possible, or there is contact with COVID patients			Report to work more than 1x per week wearing a mask with limited contact with others	Report to work more than 1x/week OR work in close contact with others	Report to work daily OR work in contact with known COVID positive patients
Work Outdoors	Report to work as needed, masks worn and social distancing practiced	Report to work daily, masks worn and social distancing practiced	Report to work daily, masks worn, social distancing practiced when possible		Report to work daily, masks not worn/social distancing not practiced

ESSENTIAL ACTIVITIES

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Food and Essential Shopping	100% delivery, items wiped down at home	100% delivery, items not wiped down at home	One family member shops 1x weekly wearing a mask	Multiple family members shop as needed wearing a mask	Regular shopping trips without wearing a mask
Childcare	No one outside the family unit.	Trusted family member who has quarantined at a level 1 or 2 for the previous 2 weeks.*	One outside professional who has quarantined at a level 1 or 2 for the previous 2 weeks.*	One or more outside professionals who practice caution, but have not formally discussed the details of their risk profile.	Group settings including camps and childcare.
Prepared Meals	No takeout or delivery meals	Takeout and delivery meals with no contact delivery/pick up	Accepting prepared food from family/friends		
Doctor/Medical Visits	Visits limited to essential dental/medical well visits	Routine visits are necessary less than once a month	Routine visits are necessary on a monthly basis	Routine visits are necessary on a weekly basis	Frequent or elective visits
Using public restrooms	Never, including while traveling	At work only where facilities are spacious and cleaned regularly	At work only with small facilities used by many	At work or while on essential errands	No restrictions practiced
Travel in the past two weeks	No Travel	Car travel only, precautions including no use of public restrooms practiced	Airbnb or house rental	Private transportation (Uber, Lyft, etc.) with a mask	Airline, train, or public transit within the past 2 weeks

\*Conversations with anyone providing childcare should be explicit with this survey being completed and discussed in depth. The risk any childcare provider takes becomes part of your family’s risk profile.

NON-ESSENTIAL ACTIVITIES

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Social Interaction and Recreation (play dates, extracurricular activities, etc.)	Virtual Only OR with people you know have quarantined at a level 1 for the previous 2 weeks*	Outside, practicing social distancing, masks on hand when needed, group size 10 or less  OR with people you know have quarantined at a level 2 for the previous 2 weeks*	No masks, outside, practicing social distancing, group size >10	Wearing masks, inside, practicing social distancing, or dining outdoors at a restaurant	No masks, inside, no social distancing or dining indoors at a restaurant
House Cleaning and Home Maintenance Workers	No cleaners or service providers are allowed in the home. If a service provider must visit, the family self-quarantines for 2 weeks after the visit.	A single service provider visits with mask and gloves only while the family is out of the home. Home is well ventilated while family members remain out of the home for 6+ hours after the visit.	Service provider(s) visit with masks and gloves only while the family is out of the home. Home is well ventilated while family members remain out of the home for 2+ hours after the visit.	Service providers visit as needed (1x/month or less) with masks and gloves while the family is in the home.	Service providers visit on a regularly scheduled basis with or without masks and gloves while the family is in the home.

\*Having social interactions with people outside your family unit who are practicing level 1 or 2 quarantine are done without masks or social distancing measures. This often includes interaction with extended family and must be done with people you trust only after risk levels throughout this survey are explicitly discussed and agreed upon.