

Your COVID-19 Risk Level

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HOW AT-RISK AM I?

Deconfinement involves different levels of COVID-19 exposure risk and is understood differently from person to person. We are now at the point in the Pandemic where there is a powerful shift of responsibility onto ourselves regarding our actions and how they may impact our own health and the health of those around us.

Cardiogenix has created a COVID-19 Risk Level calculator so that you can determine, on a personal level, the level of risk posed to your health during a specific activity.

We encourage you to print this document and fill in your answers as you go along!

COVID-19 BASELINE RISK

Your COVID-19 Baseline Risk Level begins with the number between 1 and 10 under which the activity you choose to engage in falls. Your personal Risk Level is then calculated using four more factors: Age, Comorbidities, Environment, and Philosophy.

The lowest possible risk would be to remain alone in your country home, and the highest possible risk would be to engage in physical contact with others such as hugging and kissing.

Absolute zero risk is not possible during a Pandemic; this formula exists to guide you in keeping as safe as possible.

All Risk Levels assume you are wearing a mask and social distancing.

 If this activity is done with one (1) person as health conscious as you are.

- Hugging, kissing & shaking hands
- Bars & Clubs
- Weddings & Funerals
- Sporting or Music Events
- Amusement Parks
- Bus, Metro, Plane, Car with a stranger
- Church or Choir

- Buffets
- Restaurants (indoor)
- Public swimming pool
- Movie theater
- Train (inter-city)
- Gym

- Daycare
- Restaurants (outdoor)
- School (all ages)
- Hair salon
- Car *
- Nail salon
- Team sports
- Camping

- Visiting a parent or grandparent
- Visiting newborn or young child
- Playground
- Beach
- Shopping (recreational)
- Park
- Tennis
- Golf

- Dinner party indoor of < 10 people
- Physician or Dentist Office
- Rehab Therapist
- COVID-19 Test Centre
- Working (office setting)

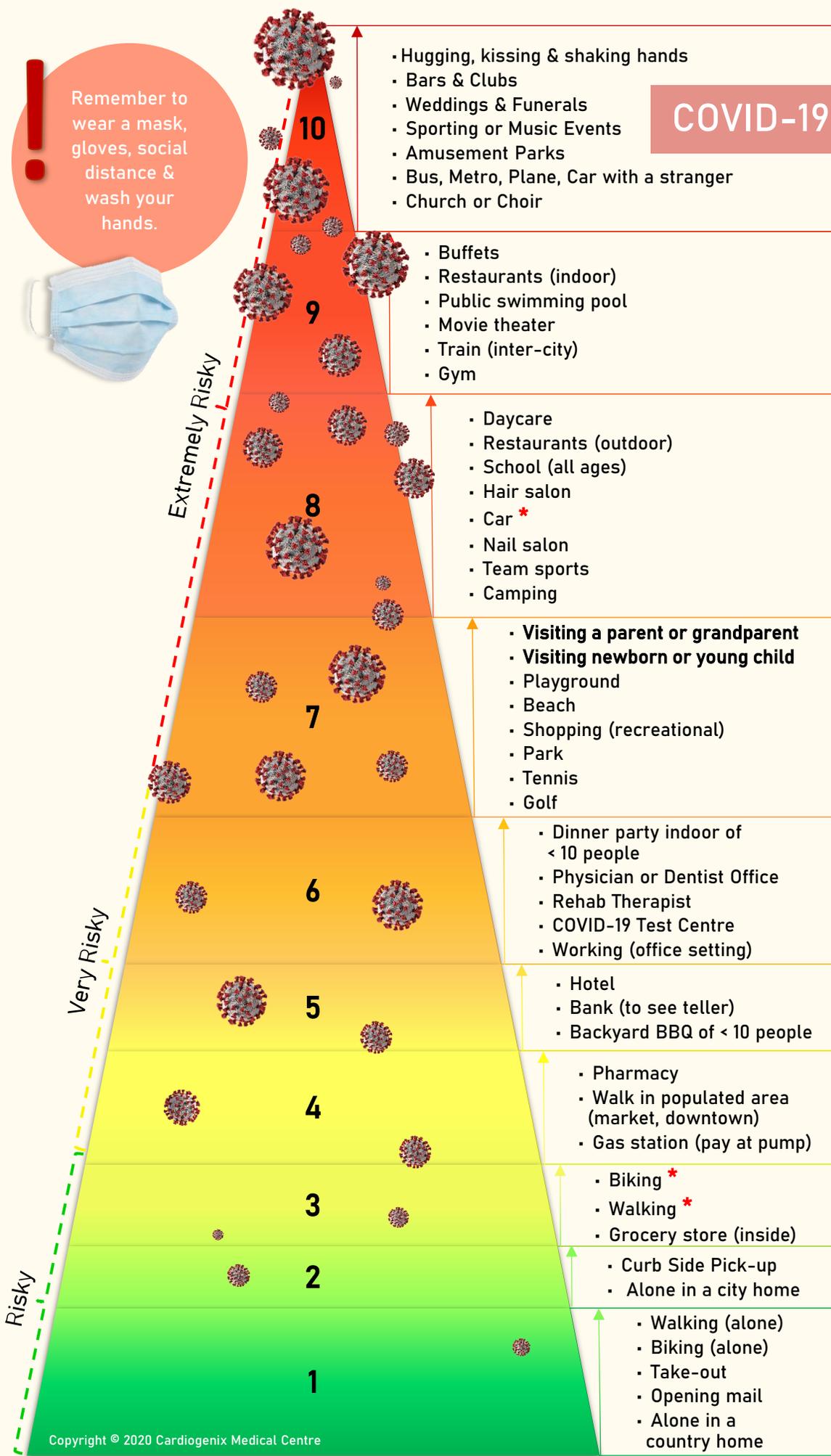
- Hotel
- Bank (to see teller)
- Backyard BBQ of < 10 people

- Pharmacy
- Walk in populated area (market, downtown)
- Gas station (pay at pump)

- Biking *
- Walking *
- Grocery store (inside)

- Curb Side Pick-up
- Alone in a city home

- Walking (alone)
- Biking (alone)
- Take-out
- Opening mail
- Alone in a country home



Remember to wear a mask, gloves, social distance & wash your hands.



Step 4 – ENVIRONMENTAL FACTOR

<i>Space Between You and Other Individuals</i>	Risk Factor Value
<i>I am more than 6 feet away from others at work and at home</i>	+ 0
<i>I am less than 6 feet away from others at work or at home</i>	+ 1

MY ENVIRONMENTAL FACTOR (D)= _____

YOUR FINAL CARDIOGENIX COVID-19 RISK LEVEL

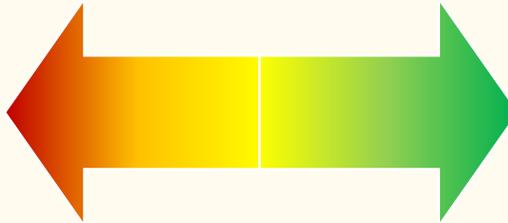
$$A \text{ ____ } + B \text{ ____ } + C \text{ ____ } + D \text{ ____ } = \text{ ____ } / 10$$

Add your Risk Factors A, B, C and D together on the line above to give you your personal COVID-19 Risk Level. Now that you have your result, we can add the Philosophy Factor to the equation. This factor is only quantifiable by yourself as it is based on your own perception of risk that can be placed between two extreme positions:

Step 5 – PHILOSOPHY FACTOR

100 % Selfish

"I am only concerned with my own well-being and happiness. The world revolves around me. You only live once."



100 % Selfless

"I put the lives of others before my own. I am willing to die for the greater good of mankind. You only live once."

The reality is that nobody is truly in one camp or the other; the majority lays somewhere in between and/or continuously alternates between the two extremes given our individual context and circumstances.

As you can imagine, it is impossible for Cardiogenix to quantify this critical variable on an individual level, but as a general rule we offer the following guidance:

If an activity is rated as a risk to you, yet nevertheless you choose to do it, that is your personal choice and freedom to do so. Medically, we suggest not visiting anyone, who does not share your philosophy and perception of risk, for two (2) weeks after engaging in that activity. For example, if you go to a bar and visit your grandparents within the next 2 weeks, it is as if your grandparents went to the same bar. It is up to you to decide.

Stay Safe Everyone!