

What's Your Risk?

Version 2: 5 March 2020

Risk Management Guidance for COVID-19

This guide is based on the [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 \(COVID-19\) Exposure in Travel-associated or Community Settings](#). This guide should be used to guide the risk management measures to be taken if we have people exposed to the virus. Please also refer to the guidance for performance of audits and guidance for visitors to our offices. *See definitions on page 2.*

Risk Level	Risk Management	Travel Recommendations
<p>Your risk is High if you:</p> <ul style="list-style-type: none"> Have traveled from Hubei province in China Are a confirmed case of COVID-19 Are living in same household as a confirmed case of COVID-19 	<p>If so, you should:</p> <ul style="list-style-type: none"> Ask the person to use the system in their country to self-report a possible case of COVID-19 to the health authorities Self-quarantine pending medical advice Self-monitoring If person is on NSF premises, the person is to immediately put on a surgical mask (or N95/FFP3 type mask without an exhale valve), sanitize hands and arrange for transport home by private car If driven home by another person, the driver should be considered Medium Risk Sanitize touch points in the car Sanitize touch points in the office/laboratory 	<ul style="list-style-type: none"> Controlled travel under medical supervision only
<p>Your risk is Medium if you:</p> <ul style="list-style-type: none"> Have traveled from one of the Restricted Countries Had close contact with a confirmed case of COVID-19 	<p>If so, you should:</p> <ul style="list-style-type: none"> Practice self-monitoring Self-quarantine or work from home for 14 days Practice social distancing Avoid events or large gatherings If symptoms present, seek medical advice 	<ul style="list-style-type: none"> If symptoms present, travel under medical supervision only If no symptoms, avoid public transport, wear a surgical mask when out of home and when in close contact with elderly or vulnerable people
<p>Your risk is Low if you:</p> <ul style="list-style-type: none"> Have been in same room as a confirmed COVID-19 case for prolonged period, but no close contact 	<p>If so, you should:</p> <ul style="list-style-type: none"> If symptoms present, seek medical advice and self-quarantine If no symptoms, practice self-monitoring 	<ul style="list-style-type: none"> Avoid public transport and large groups
<p>No Identifiable Risk</p> <p>You have no identifiable risk if you:</p> <ul style="list-style-type: none"> Have interacted with a confirmed case of COVID-19 (not covered by High/Medium/Low Risks above) such as walking by the person or being briefly in the same room 	<p>If so, you should:</p> <ul style="list-style-type: none"> Practice self-monitoring 	<ul style="list-style-type: none"> No restrictions

Adapted from U.S. CDC guidance at <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

Definitions

- **Symptoms:** Fever, cough or difficulty breathing
- **Self-monitoring:** Checking temperature twice per day and being alert for symptoms of fever, cough, difficulty breathing
- **Self-quarantine:** Isolation at home or other suitable place if isolation not practical at home, work from home if practical
- **Close contact:** Being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a room with a COVID-19 case
- **Social Distancing:** Avoiding crowds, public transport and maintaining a distance of approximately 6 ft/2m from other people
- **Restricted Countries:** Currently Mainland China, Korea, Italy and Iran. List may be updated based on new information from U.S. CDC on countries with sustained, ongoing transmission