

## Wednesday Wellness Message (11/4/2020)

*This week's wellness message: assess your activities for COVID risk*

Assessing risk is not an exact science, but the factors that matter are 1) mask-wearing 2) ventilation 3) # of people and their distance from each other 4) kind of exhalations (singing, shouting) and 5) cleaning protocols. So, if you must engage in a riskier behavior, try to mitigate it by adding things like masks, distance, extra hand washing, etc.

