

# How to determine and assess your risk.

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Reducing exposure to an airborne virus is the most important thing you can do in reducing its spread.

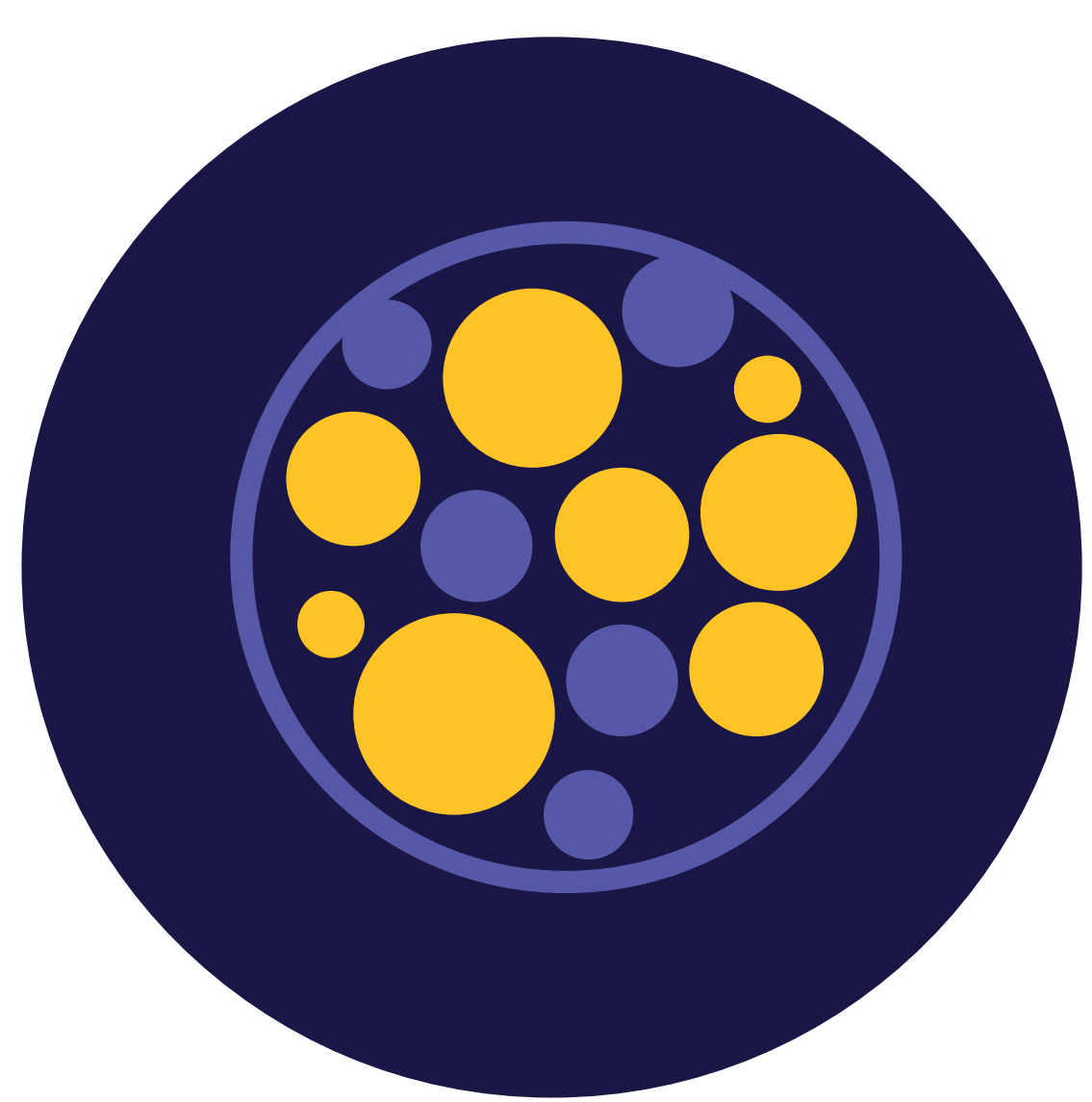
Viruses that transmit as airborne particles - such as the viruses that cause COVID-19 and measles - pose a significant risk as they can travel long distances - up to 20 to 30 feet - and stay active in the air for at least 4 hours.

## Consider the 4Ds to determine the risk category:



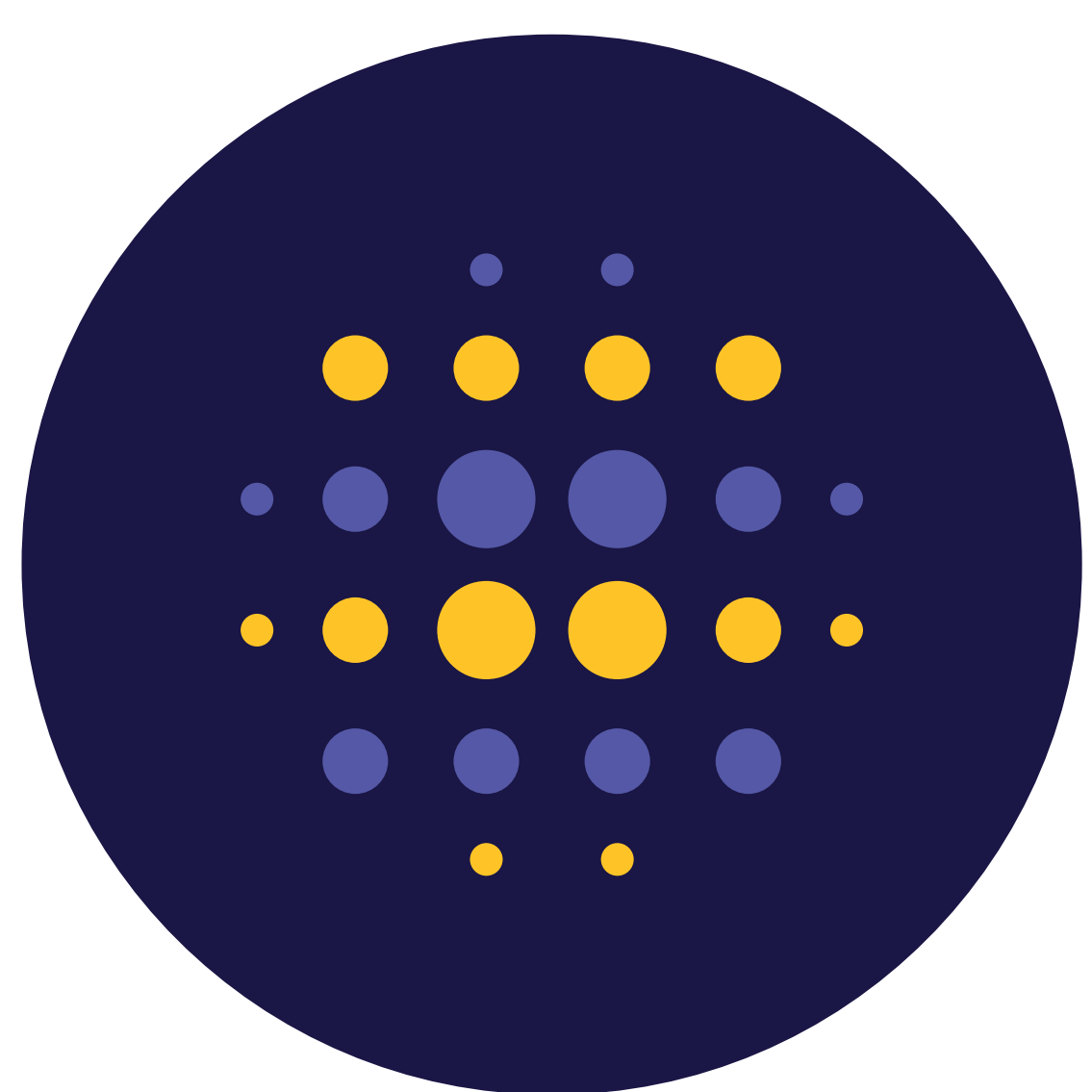
### Duration

How long will the employee or others be indoors?  
The longer time spent indoors, the more the air becomes filled with invisible airborne particles.



### Density

How many people are in the space, how many are not vaccinated, how many people are sick and not showing signs, and how many are not wearing masks? As these numbers increase, so does the risk.



### Dilution

Being outdoors is relatively safe compared to being indoors thanks to how easy it is to dilute the virus due to more open space, moving air, and the aid of sunlight to stop the virus.



### Distance

How far or near are people around one another?  
People with COVID-19 exhale a high amount of viral particles, which is why being close to an infected person increases the risk of infection for you.

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