0 – 0.2:

You have nothing to worry about. Feel free to live your life as normal as there is no major risk of contracting the virus.

No Danger.

0.21 – 0.4:

Take extra steps in your daily life to avoid getting sick. Follow hygiene practices rigorously, and be mindful around areas vulnerable to outbreaks.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

0.41 – 0.6:

Take extra care to keep you and your surroundings disinfected and completely clean. Minimize contact with people, and stay indoors when sick to avoid spreading the virus.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid contact with people who are sick.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning wipe.

Stay home when you are sick.

0.61 - 0.8:

Proceed with caution. If your location is in this range, be prepared to make changes to your everyday life. Avoid going outside if you can and limit exposure with others.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid contact with people who are sick.

Regularly learn and disinfect frequently touched objects and surfaces using a regular household cleaning wipe.

Stay home when you are sick.

Use a face mask to filter the air you breath in.

Receive medical attention if you feel sick.

0.81 – 1.00:

Proceed with extreme caution. If your location is in this range, be prepared to be quarantined and take drastic measures to protect your health. Stop everyday activities and don’t go outside.

Avoid going out.

Pay attention to government quarantines and sanctions.

Avoid touching your eyes, nose, and mouth with unwashed hands..

Use a face mask to filter the air you breath in.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash..

Avoid contact with people who are sick.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning wipe.

Stay home when you are sick.

Receive medical attention if you feel sick.

Citations:

Vibound, Cecile. Global Mortality Impact of the 1957-1959 influenza pandemic

Troeger, Christopher. Estimates of the global, regional, and national morbidity, mortality, and aetiologies and lower respiratory tract infections in 195 countries; a systematic analysis for the global burden of disease

Goodarzi, Elham & Sohrabivafa, Malihe & Dehkordi, AliHassanpour & Moayed, Leili & Khazaei, Zaher. (2019). Effect of human development index on tuberculosis incidence in Asia: An ecological study. Advances in Human Biology. 9. 10.4103/AIHB.AIHB\_8\_19.

Hayman, David. (2018). Measles vaccination in an increasingly immunized and developed world. Human vaccines & immunotherapeutics. 15. 10.1080/21645515.2018.1517074.

Dixon, Meredith & Taylor, Melanie & Hakim, Avi & Cantey, Paul & Dee, Jacob & Lim, Travis & Bah, Hawa & Camara, Sékou & Ndongmo, Clement & Togba, Mory & Touré, Leonie & Bilivogui, Pepe & Sylla, Mohammed & Kinzer, Michael & Coronado, Fatima & Tongren, Jon & Swaminathan, Mahesh & Mandigny, Lise & Diallo, Boubacar & Dahl, Benjamin. (2015). Contact Tracing Activities during the Ebola Virus Disease Epidemic in Kindia and Faranah, Guinea, 2014. Emerging Infectious Diseases. 21. 10.3201//eid2111.150684.

Ann R. Falsey, Edward E. Walsh, Frederick G. Hayden, Rhinovirus and Coronavirus Infection-Associated Hospitalizations among Older Adults, *The Journal of Infectious Diseases*, Volume 185, Issue 9, 1 May 2002, Pages 1338–1341, <https://doi.org/10.1086/339881>

Ronald B. Turner, Alma Felton, Kenneth Kosak, Douglas K. Kelsey, Carlton K. Meschievitz, Prevention of Experimental Coronavirus Colds with Intranasal α-2b Interferon, *The Journal of Infectious Diseases*, Volume 154, Issue 3, September 1986, Pages 443–447, <https://doi.org/10.1093/infdis/154.3.443>