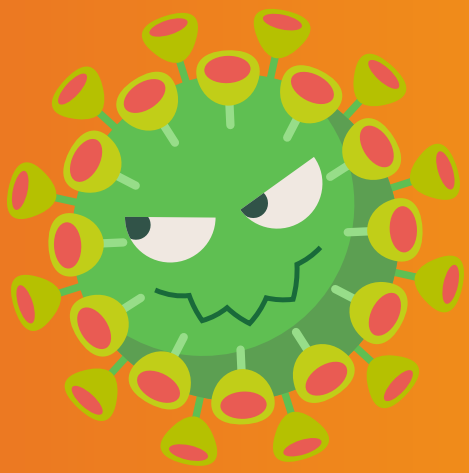
The Arc
King County

Easy Read Guide to COVID Risk Assessment



Achieve with us.

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Words to know

Risk assessment

A way of figuring out how likely it is that someone could get sick with COVID.

Bivalent booster

You can read our bivalent guide here: https://bit.ly/3PKUjEL

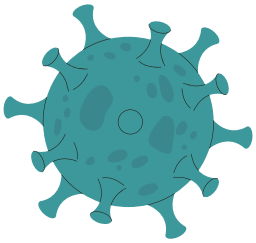
A newer booster for COVID-19. It is to help protect against the Omicron variant.

See our Bivalent Easy Read for more information.

High risk

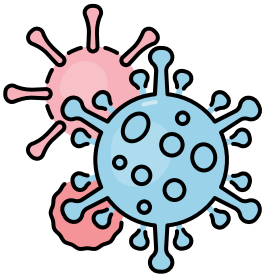
Someone who is more likely to catch COVID or get extra sick if they do. Some people with disabilities are considered high risk.

Introduction

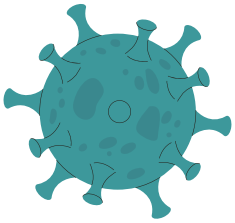


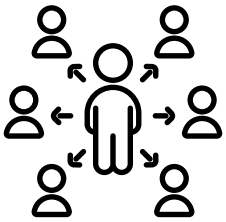
COVID-19 has been making people sick since 2019.

Over one million Americans have died from COVID-19.



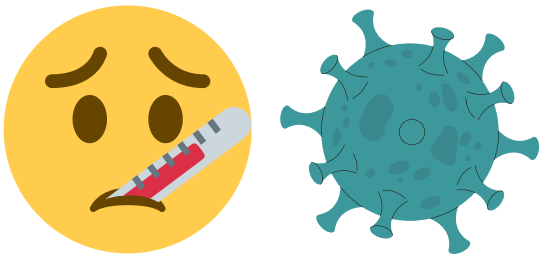
Right now, there is a new Omicron variant making a lot of people sick.





We explain how to know when COVID-19 is spreading a lot or a little in your community.

What are you at risk for?



You probably know someone who has been affected by COVID.

Maybe you know someone who has gone to the hospital.

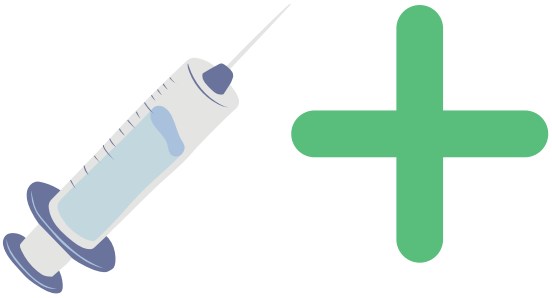
Maybe you know someone who lost a family member or friend to COVID.

Maybe you lost a friend or family member to COVID.

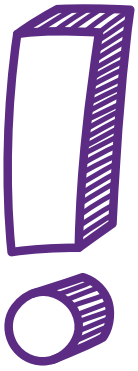
COVID-19 can make people very sick.

But, not all people get sick the same.

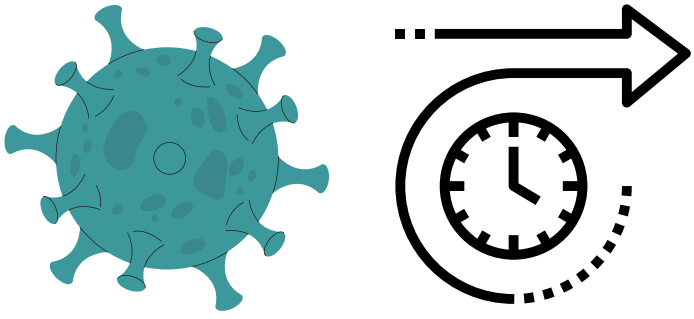
People with Down syndrome get sick and die from COVID-19 more than people without disabilities.



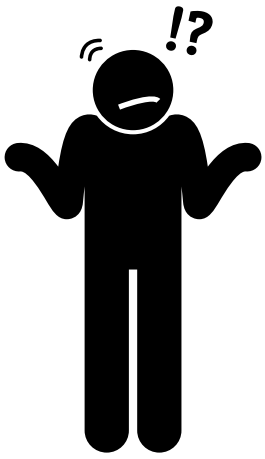
You can learn more about the bivalent booster by checking out our Easy Read guide on it. You can read it here: https://bit.ly/3PKUjEL



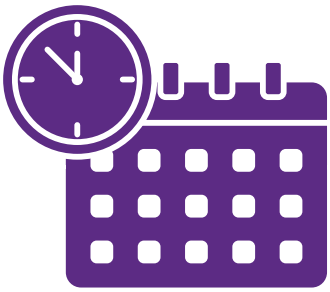
Getting sick, going to the hospital, or dying are not the only problems you can get with COVID.



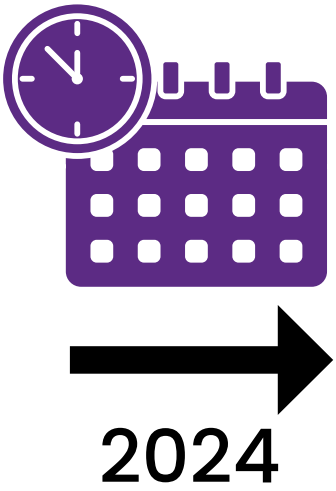
Long COVID is when you stay sick for months.



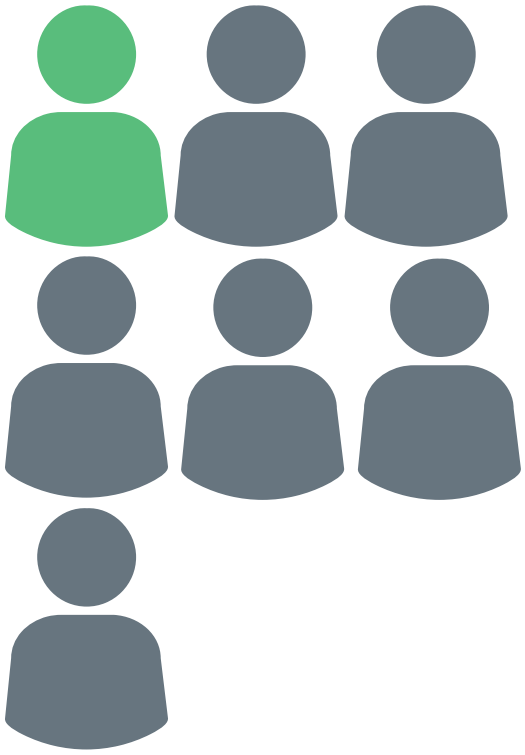
No one knows why people get long COVID. We just know it happens to a lot of people.



Some people get better after a few months.

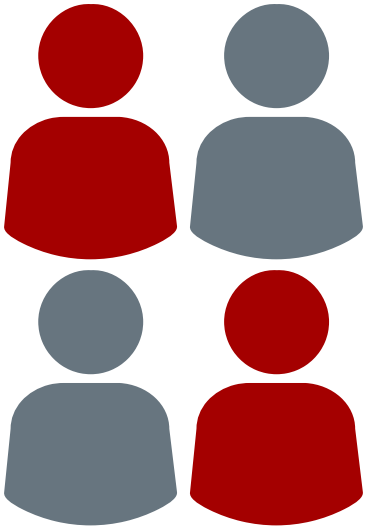


Some people still have long COVID years after first getting sick.



Some people get long COVID more than others.

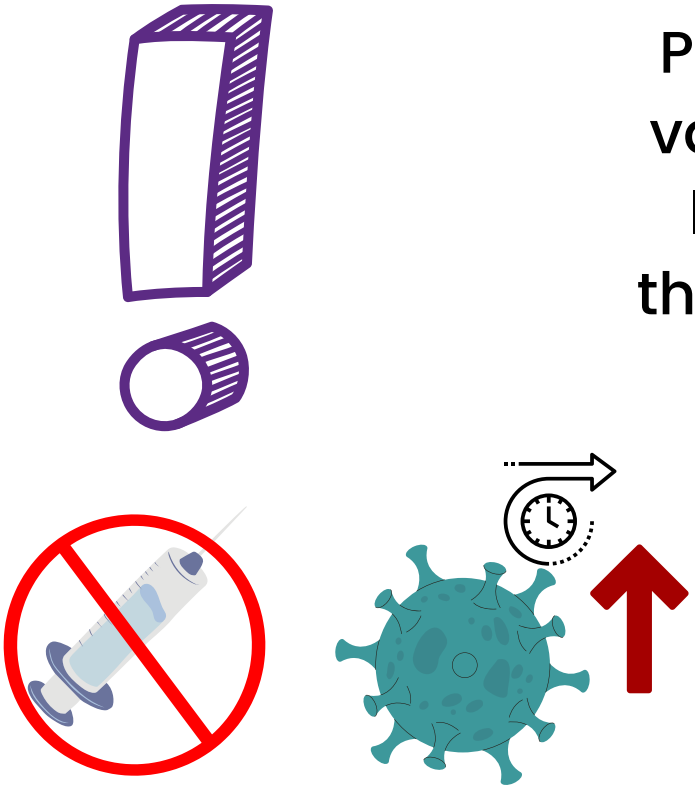
1 out of 7 adults in the US have (or had) long COVID.



But when people with disabilities get COVID, almost half also get long COVID.

Women and transgender people also get long COVID more.

*Source: US Census Household Pulse Survey
https://www.cdc.gov/nchs/covid19/pulse/long-covid.htm



People who are not vaccinated also get long COVID more than people who are vaccinated.

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

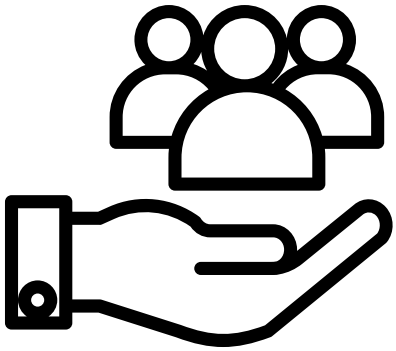
The Centers for Disease Control explains long COVID.
That is linked right here.

https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html

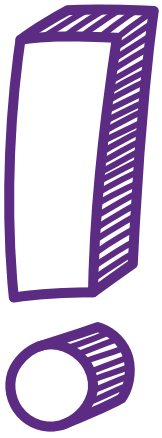
How do I know if there's a lot of COVID spreading?

CENTERS FOR DISEASE CONTROL AND PREVENTION

The CDC keeps track of COVID-19 data.



This information can help you. You can see if there is a lot of COVID where you live.



You can track COVID in wastewater. You can track COVID in hospitals.

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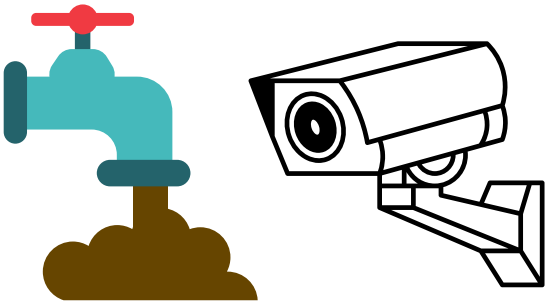
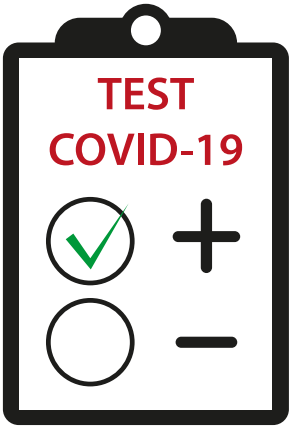
Wastewater surveillance data

Scientists can test the poop we all flush down the toilet to check for indicators of COVID-19.



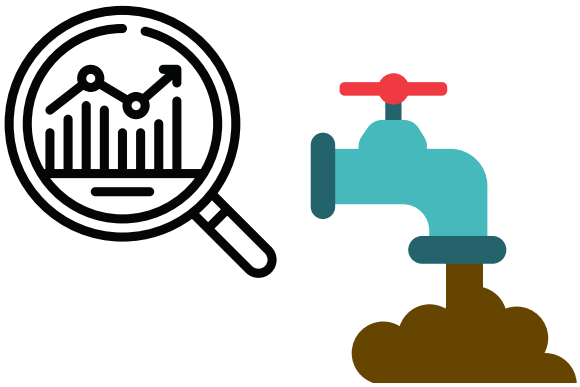
This is called wastewater surveillance.

When there are more indicators of COVID, that probably means more people are sick with COVID-19.



While you can tell the Department of Health that you tested positive for COVID-19, not everyone does.

But, people who do have COVID will flush down poop that indicates COVID.

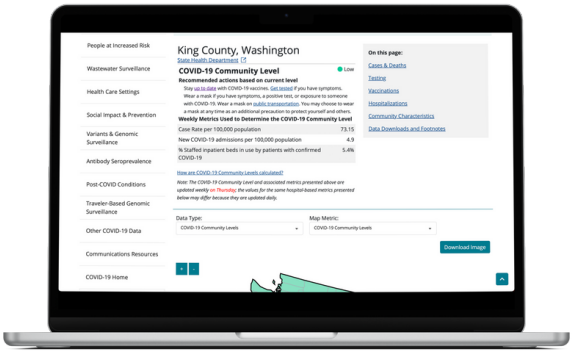


That is why scientists track wastewater.

Testing data

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION™

The CDC data tracker can tell you how many people reported positive for COVID-19 in the past week in your county.



You can go to the CDC data tracker. https://covid.cdc.gov/covid-data-tracker/#datatracker-home

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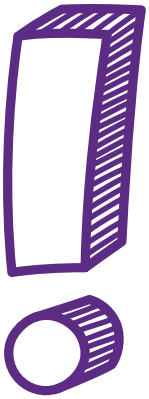
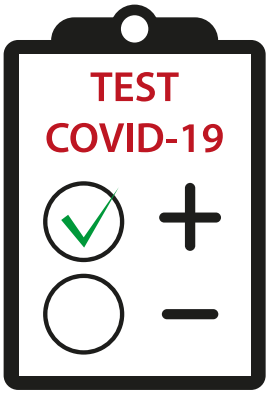
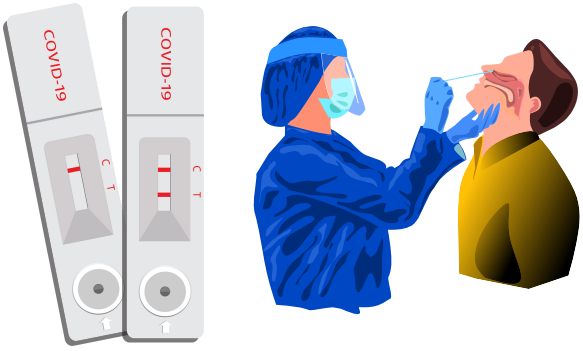


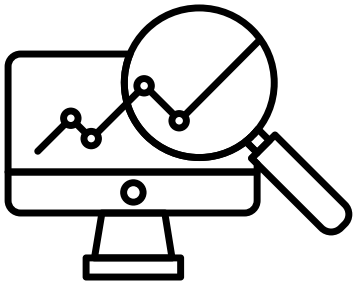
One of the things tracked is case numbers per 100,000 people.



This tells you how many people out of 100,000 people tested positive for COVID-19 and reported their results.

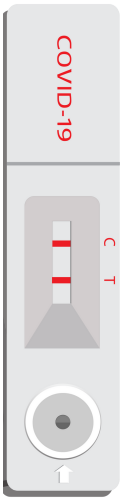


That means people who got a PCR test and people who reported their positive at-home rapid test.

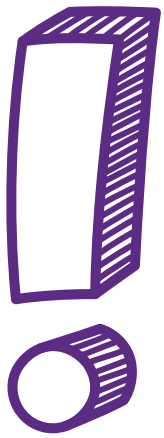


Another piece of data is the positivity rate.

Some people who test to see if they have COVID do not have COVID.



But, some people do test positive for COVID.



The percent of people who do test positive for COVID-19 is called the positivity rate.

CDC
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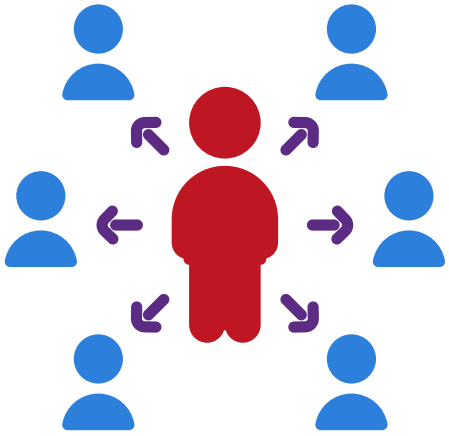
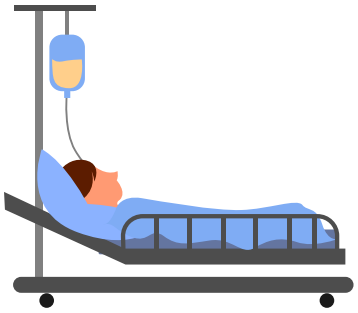
Positivity rate and case numbers are how the CDC figures out whether your county has a high transmission rate or not.



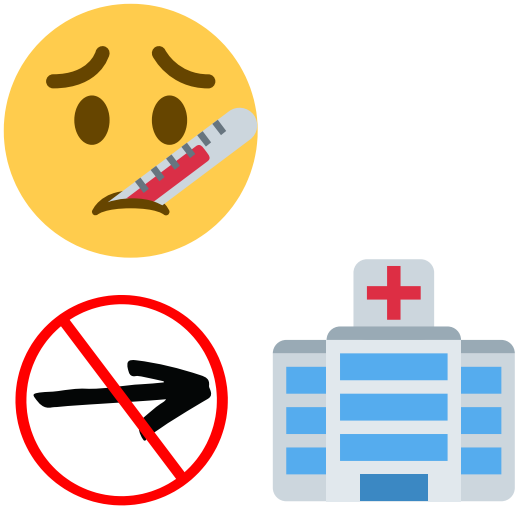
A positivity rate of 10% or more means high transmission. A case rate of 100 out of 100,000 people also means high transmission.

Community levels



Community levels help you know how many hospital beds there are.

If you have to go to the hospital, it is important that you can get the care you need.

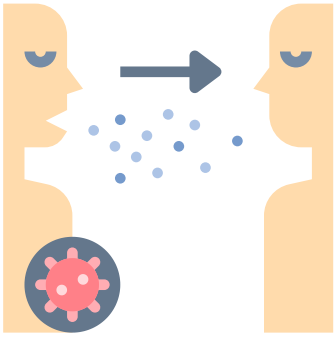


Some people did not get the care they needed when hospitals could not serve all the people who needed it.

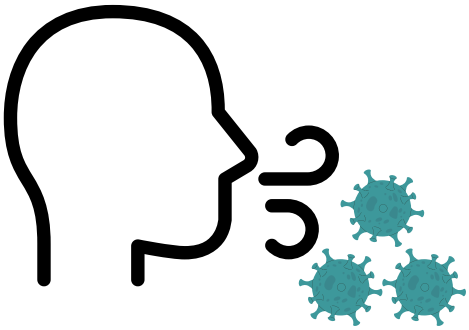
That happened because too many people needed to go to the hospital for COVID-19.

Some people died because they did not get the care they needed.

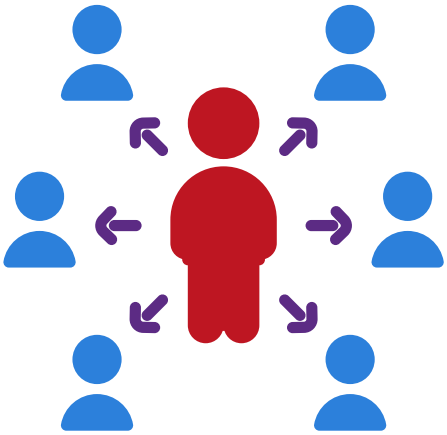
How Does COVID-19 Spread?



COVID-19 is
an airborne virus.



That means people get
COVID-19 from
breathing in COVID-19.
A virus is a kind of
germ.



When you get infected
with a virus, like COVID-
19, you can give it to
other people.

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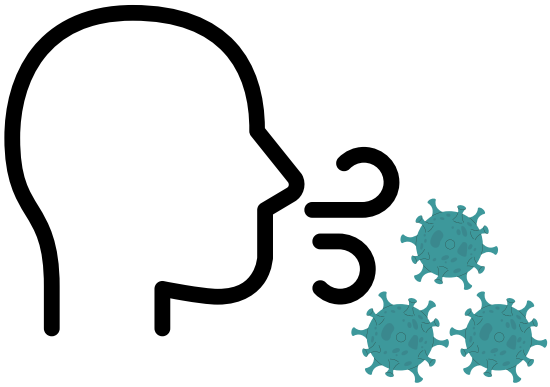
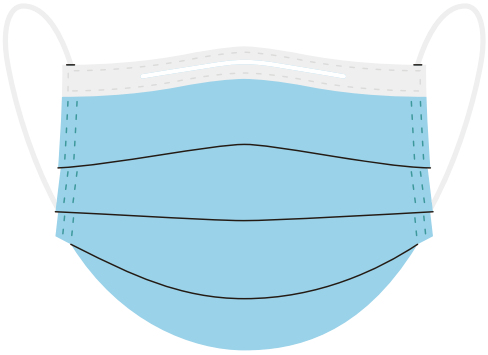
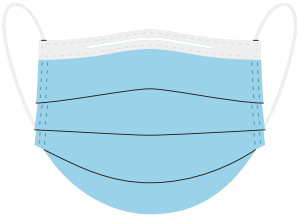


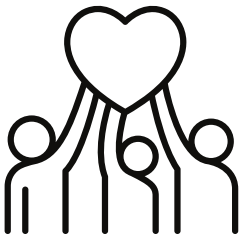
If you have COVID-19, you breathe out the virus. Anyone who breathes it in can get sick.

Can I wear a mask?



Wearing a mask can help you.





Wearing a mask can help your community.

You have probably worn a mask before.

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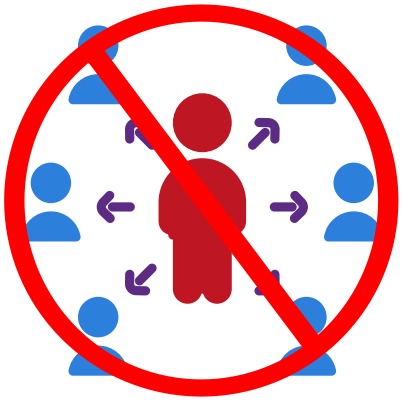
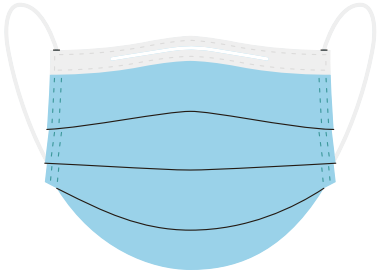
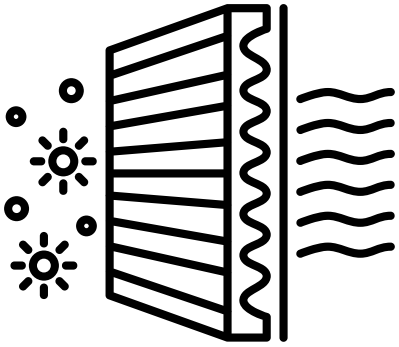


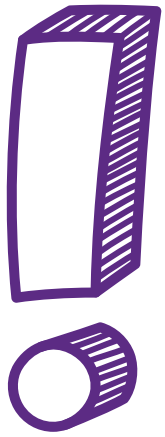
Masks help stop the spread of COVID-19.



A mask helps filter the air you breathe.



Filtering the air means that you breathe in good air. Not contaminated air.

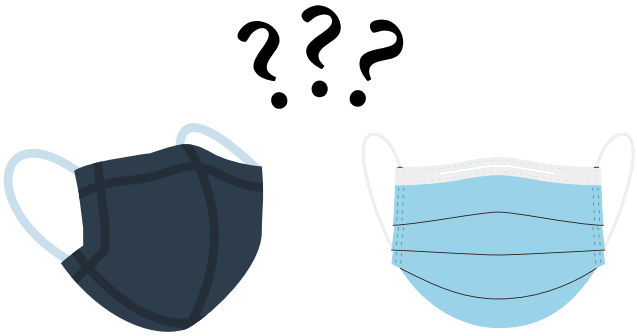


Some masks
are better
than others.

An N95 mask will filter
95% of the air you
breathe if you wear
it correctly.

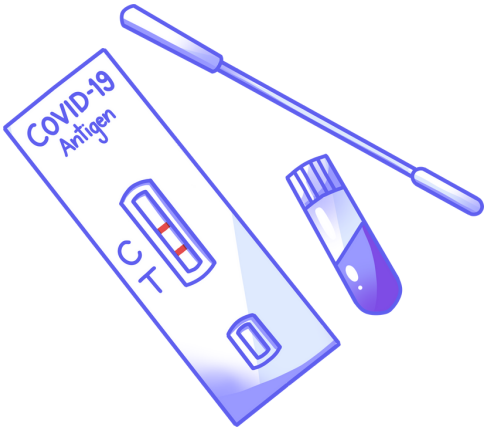
Cloth masks do work,
but they don't work as
well as an N95.

For the best safety, try to wear an N95 mask.



Sometimes, you might want to wear a cloth mask, a surgical mask, or no mask at all. It all depends on the situation

What if I test?

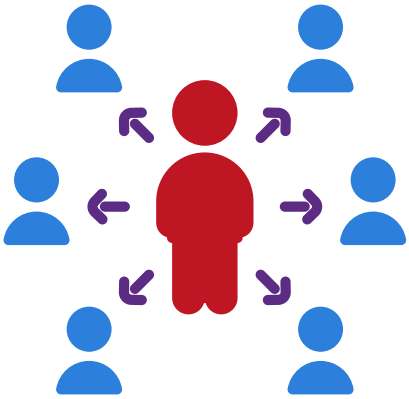


You can use a rapid COVID test to see if you or someone else has COVID-19.

You can buy COVID rapid tests from most pharmacies and supermarkets.

You can also get COVID-19 tests from Washington state's government.

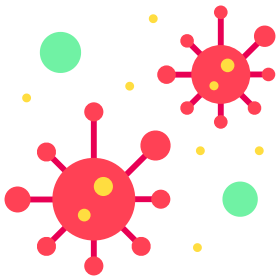
COVID rapid tests are not perfect.



Rapid tests can help make sure you don't give someone else COVID.

Rapid tests can also help you find out if you got COVID from someone else

When would I use a rapid test?



Use a rapid test if you know you were exposed to COVID-19.

You should also consider getting a PCR test if that happens.

Another time you might use a rapid test is if you're inviting friends over.

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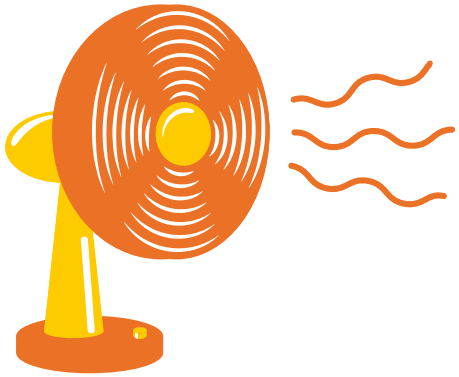
If you are visiting someone who is high risk, testing before seeing them can help keep them safe from COVID.

What about ventilation?

CDC
CENTERS FOR DISEASE™
CONTROL AND PREVENTION

The CDC says that
a well-ventilated space
is a safer space.



Ventilation means
that there is a lot of air
moving around.

Opening up a window,
using an air purifier,
or being outdoors
are good examples
of increasing
ventilation.

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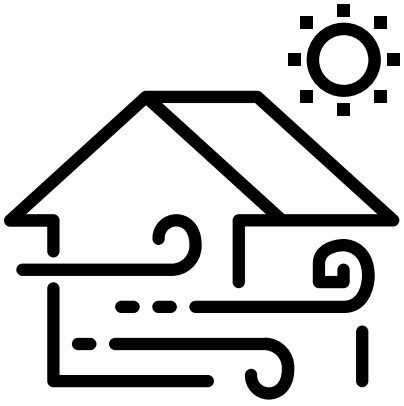
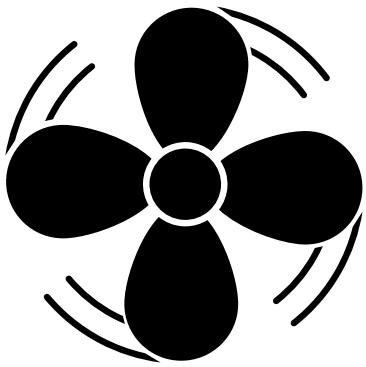
How do I know if a place is well-ventilated?



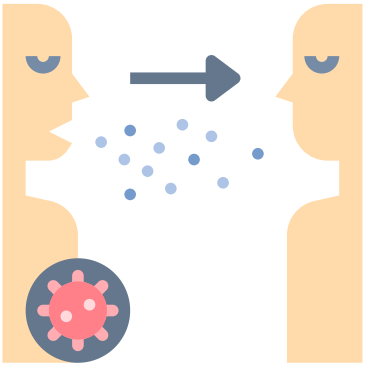
A place that is well-ventilated has a lot of air moving around in it.

For example, the spot near the doors of a supermarket gets ventilated a lot.



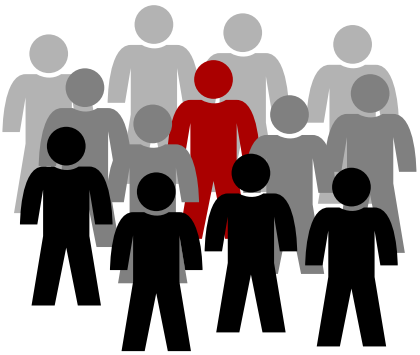
If you feel air moving around, that is a good sign that a place has good ventilation.

What about distance?



COVID-19 is an airborne virus.

Being right next to someone who has COVID makes it more likely you will get COVID, too.



If a place is crowded, it is harder to distance.

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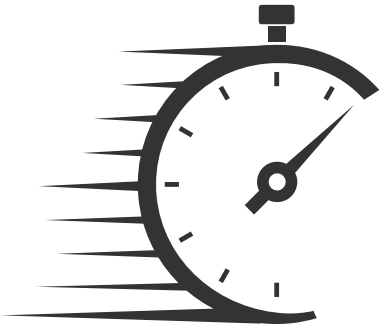
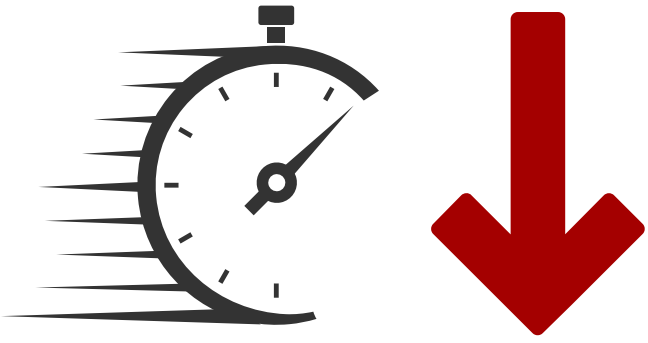
What about length of trip?



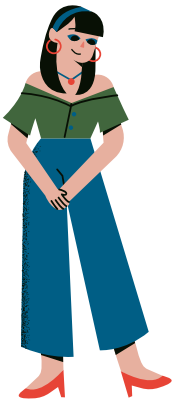
Another way you might keep yourself safe from COVID-19 is by making shorter trips to inside places.

For example, when community transmission is high, you might want to spend less time in the grocery store.

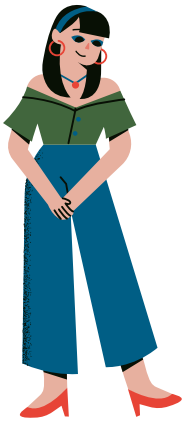


That is because the less time you are exposed to air with lots of COVID germs, the less likely you are to get COVID.

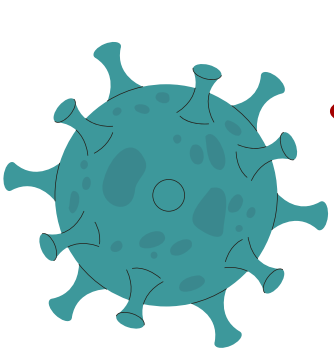
Social Story: Jessica

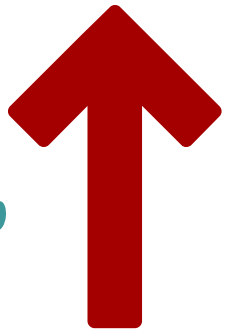


This is Jessica.



Jessica wants to go to a restaurant.





Jessica is high risk for COVID-19.

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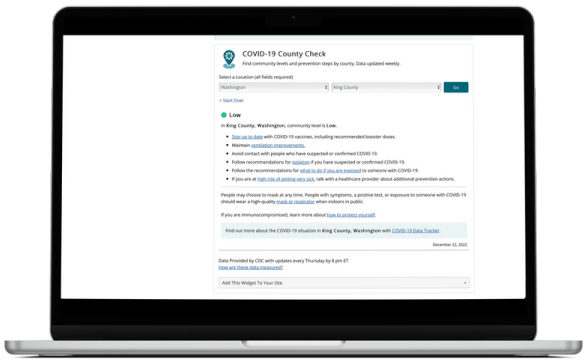
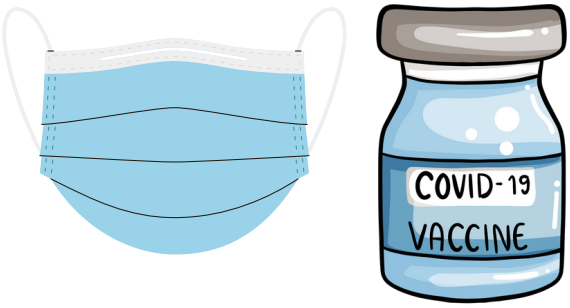
Jessica is vaccinated.

But, she has not gotten her bivalent booster yet.

Jessica wonders if it's safe to go out to the restaurant.



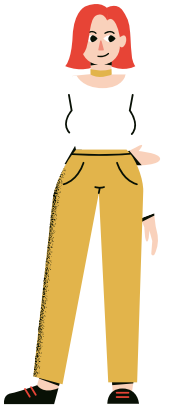
Jessica checks the CDC website for community levels.



It says to make sure she's up to date on all her vaccines, including boosters, and to wear a mask if she is high risk.

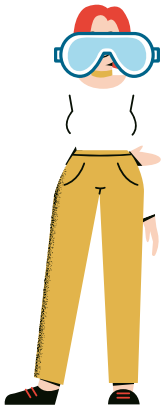
Jessica decides not to go to the restaurant

Social Story: Rosalind



Rosalind is a young woman with IDD

Rosalind goes to school at the University of Washington's Seattle campus.



She's studying to be a marine biologist.

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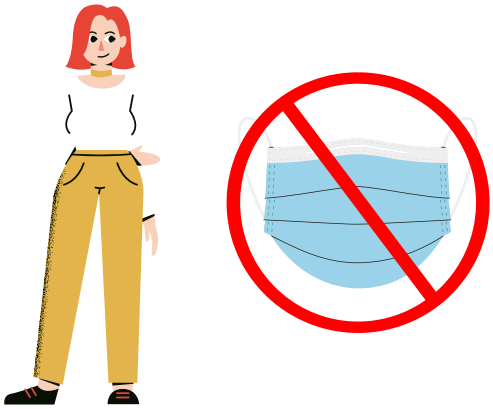
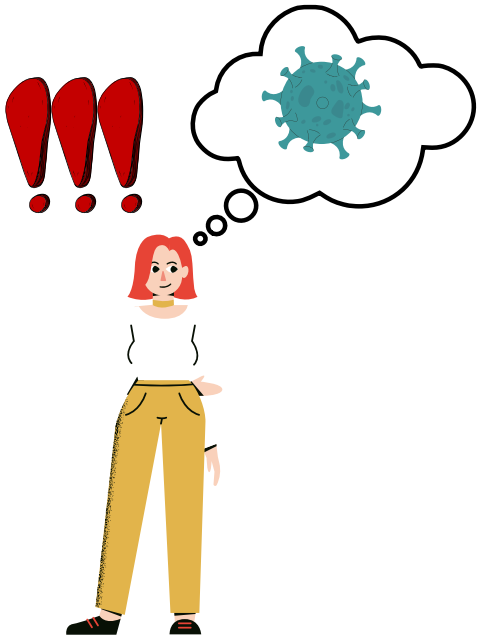
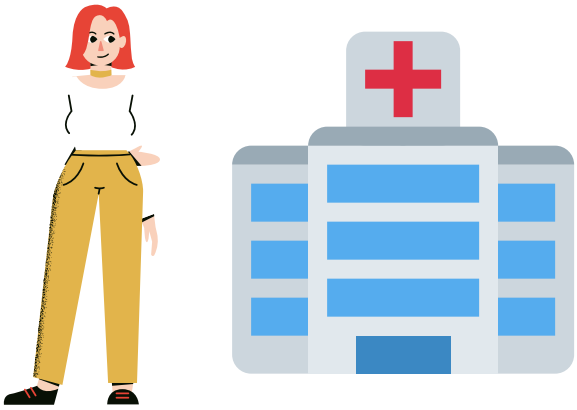
Rosalind knows that her disability makes her higher risk for COVID-19 than people without disabilities.



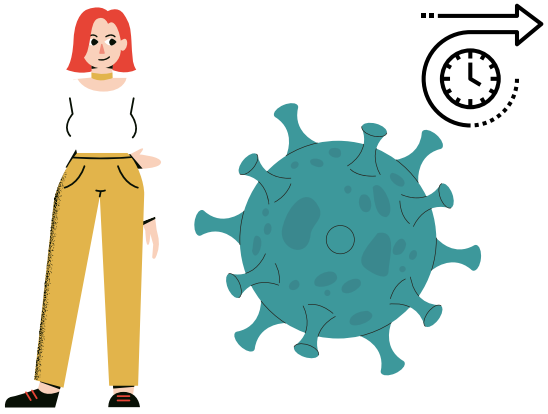
Rosalind can't wear a mask because of her disabilities.



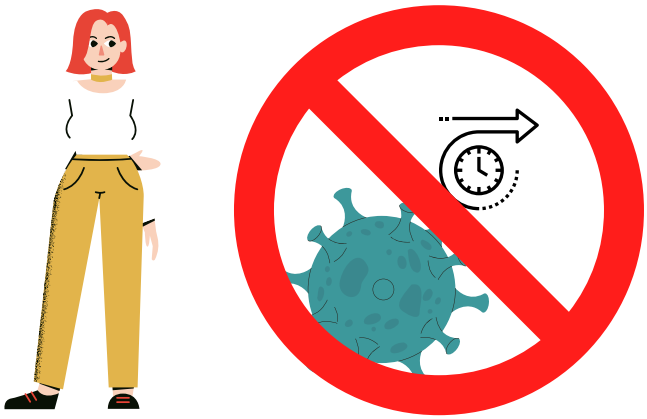
Rosalind is very worried about catching COVID.



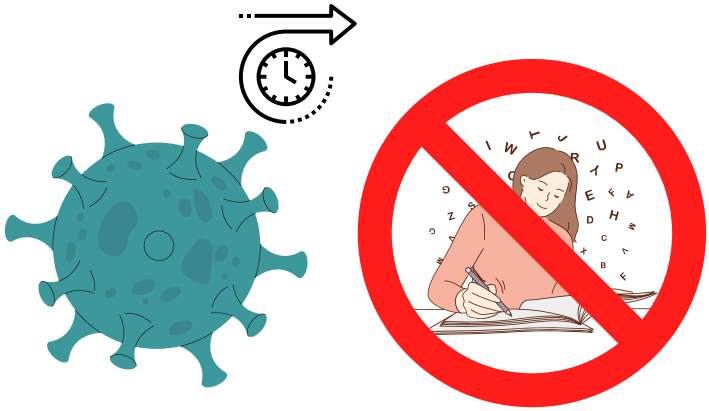
Rosalind is very worried she could go to the hospital.



Rosalind is also worried she could get long COVID.

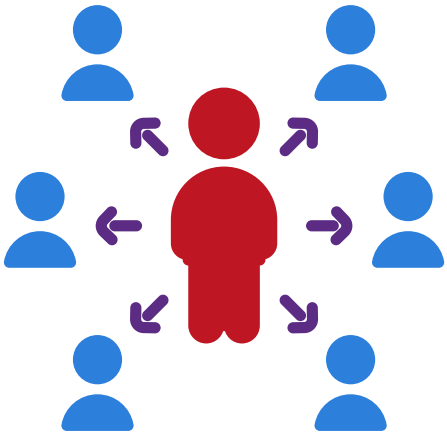


Rosalind does not want to get long COVID.

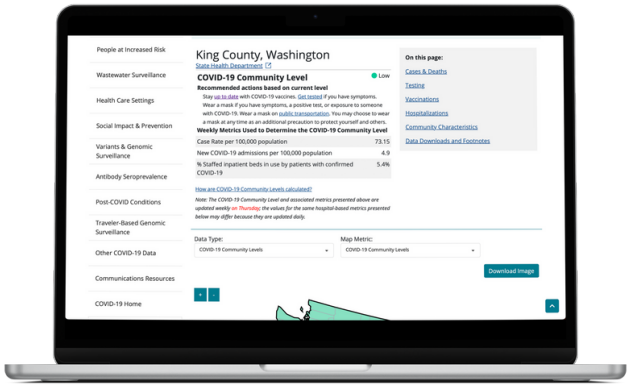


Long COVID might make it hard for her to study.

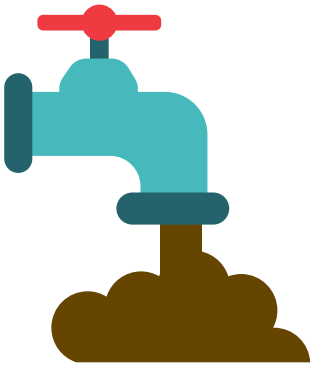
Long COVID could get in the way of her being a marine biologist.



Rosalind knows that she can check when there is a lot of COVID spreading in her community.

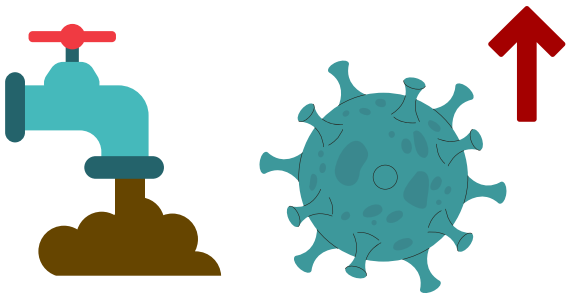


Rosalind checks the CDC Data Tracker.



Rosalind checks wastewater data for King County.

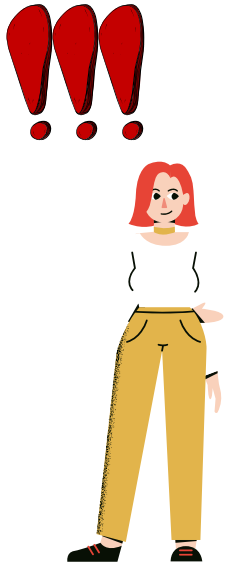
King County



The wastewater data says that there is a lot of COVID going around.

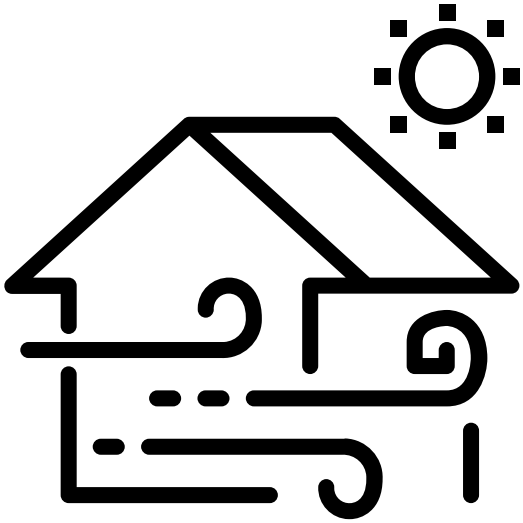
Rosalind also checks case numbers.

The case numbers are high.



Rosalind is worried.

She calls her school's Disability Support Services and asks for accommodations for her classes.



She wants to only learn in a well-ventilated space or at home so that she can be safe.

Resources

- https://www2.hse.ie/conditions/covid19/people-at-higher-risk/overview/
- https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/underlyingconditions.html#complete-list-disabilities
- https://www.cdc.gov/nchs/covid19/pulse/long-covid.htm
- https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html
- https://www.cnn.com/2021/07/28/health/substantial-or-high-covid-19-transmission-wellness/index.html
- https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html
- https://kingcounty.gov/depts/health/covid-19/data/current-metrics.aspx
- https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html