

How safe are you really?

What about using our hashtag here [#StaySafeThisHoliday](#)

Superspreader events are one of the main ways in which COVID-19 is spread. Do our one minute quiz to understand your risk of exposure to COVID-19 ahead of the holiday period:

01 | Is the event taking place indoors or outdoors?

- A Outdoors B Combination of indoors and outdoors C Indoors

02 | How many people will be in attendance?

- A <10 B >10 but less than 50 C >50

03 | Will there be fresh air in the venue?

- A Yes B Unsure C No (e.g. movie theatre)

04 | Will you be able to maintain a safe social distance of 2m or more from others?

- A Yes B Unsure C No

05 | Will you be drinking, eating, or taking off your mask for any reason?

- A No B Unsure C Yes

06 | How long is the event likely to last?

- A Less than 15 minute B 15-29 minutes C 30 minutes or more

07 | Will you be singing, talking loudly or shouting e.g. talking over loud music

- A No B Possibly C Yes

Add up your answers to the questions above and use the index below to see the risk rating of the activity to understand your risk of exposure to COVID-19.

Mostly A's:

Moderate risk of exposure. There is always a greater risk of exposure when leaving your home, but some activities and events have a higher exposure risk than others. Remember that limiting contact with others and wearing a mask is important to stay safe. If you do come into contact with others, its safest to do so by avoiding the three Vs:

- Venue: Multiple people indoors, where social distancing is much harder
- Ventilation: Staying in one place with limited fresh air
- Vocalisation: Lots of talking, shouting or singing, where the virus particles are more easily spread through the air

Mostly B's:

Moderate-to-high risk of exposure. It's best to avoid these kinds of activities or events to stay safe this holiday. This activity has one or more moderate-to-high exposure factors.

Remember that limiting contact with others and wearing a mask is important to stay safe. . If you do come into contact with others, its safest to do so by avoiding the three Vs:

- Venue: Multiple people indoors, where social distancing is much harder
- Ventilation: Staying in one place with limited fresh air
- Vocalisation: Lots of talking, shouting or singing, where the virus particles are more easily spread through the air

Mostly C's:

High risk of exposure. It's best to avoid these kinds of events to stay safe this holiday. Superspreader events are gatherings where one or a few infected individuals infect a large number of others. So what do these superspreader events have in common? It's important to consider the three Vs:

- Venue: Multiple people indoors, where social distancing is much harder
- Ventilation: Staying in one place with limited fresh air
- Vocalisation: Lots of talking, shouting or singing, where the virus particles are more easily spread through the air