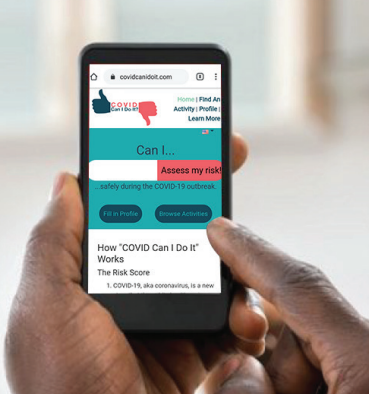


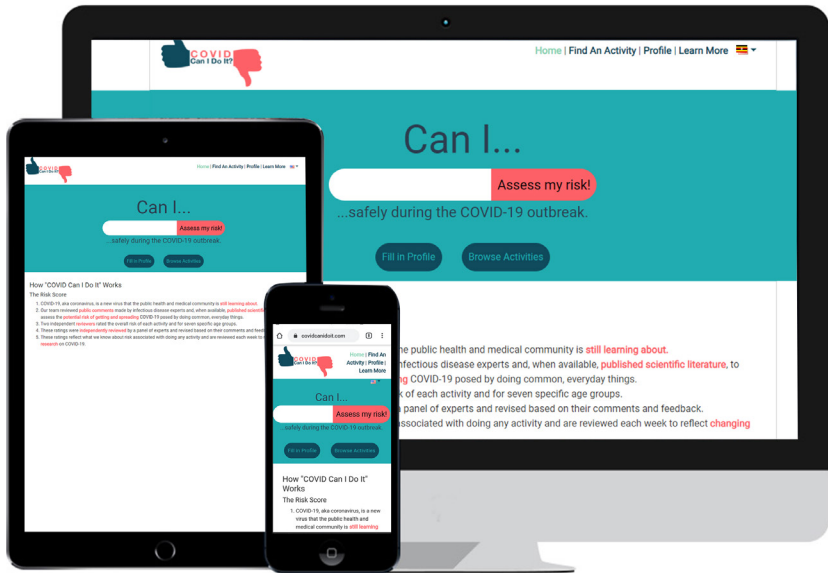
# COVID Can I do it?

“Enjoying a less risky environment”



## USER GUIDE





# CovidCanIDoIt USER GUIDE

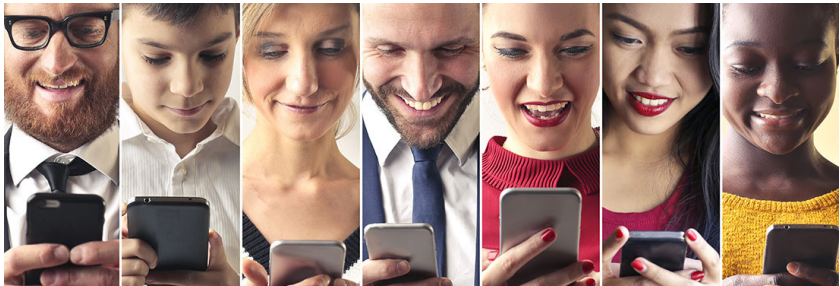
“Enjoying a less risky environment”



“Enjoying a less risky environment”

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"Enjoying a less risky environment"

# Can I...

Assess my risk!

...safely during the COVID-19 outbreak.

## Authors



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# **COVIDCanIDoIt:** **A COVID-19 Daily Activity Risk Assessment Tool.**

COVIDCanIDoIt is a web based tool that aims to clearly define the risk levels of everyday activities in relation to COVID 19 transmission from one individual to another.

Despite public messaging and the interventions put in place by the government, Ugandans are still uncertain on how safely they can navigate through their daily activities without transmitting or contracting the Corona Virus infection.

As government eases the lock down in phases, this tool, CovidCanIDoIt will provide guidance on how people can do their everyday activities while minimizing contraction and transmission of the infection.

# BACKGROUND

## “CovidCanIDoIt”

COVID-19 infections are now on a daily rise in almost all countries, governments and their respective ministries of health have put in place various measures to contain the spread of the outbreak as discussions to lift the lockdown are ongoing.

The lockdown of major economic activities and confining people in their homes is a temporary and non-sustainable measure put in place by most governments in the world and is translating a health disaster into economic and social crises.

Once activities are reopened whether in phases or at once, it is most likely the public measures such as social distancing, avoiding crowds and touching surfaces will be interrupted which could put the population at risk of contracting COVID 19 or spreading it.

Ultimately we have to learn to live with the virus while at the same time ensuring high levels of alertness within the population until the scientific community can find the Vaccine against the SARS COV 2 virus that will take some time if it so happens which leaves a preventive approach as the most feasible measure during and after the lock down has been lifted. Providing individual risk scores together with recommendations will help to keep the population alert. The risk scores of COVID Can I Do It are adjusted to cater for age, comorbidities, pregnancy, smoking and exposure in the final risk score output and these have effect on the severity of the outcome which in turn affect the burden on health care systems.

Therefore, an individualized activity risk assessment tool is very necessary to prevent flaring of COVID 19 disease by giving people information in terms of risk scores and provide alternatives on how to go around high risk activities without spreading or contracting COVID 19 infection and will remain an active tool even when the lockdown is lifted.

# What will COVIDCanIDoIt do?

Individuals start by searching for an activity of interest from a list of common daily activities. Based on this selection, COVIDCanIDoIt returns a general risk level with generic guidance on preventing COVID-19 transmission.

By sharing some additional information with COVIDCanIDoIt, the tool can provide additional, personalized suggestions for individuals who are at higher risk of contracting COVID-19. COVIDCanIDoIt will prompt the user to provide additional information on key risk factors, like comorbid conditions, age, and location, among others. Based on these inputs, COVIDCanIDoIt presents additional information for users to consider.

# STEPWISE INSTRUCTIONS ON HOW TO USE THE TOOL



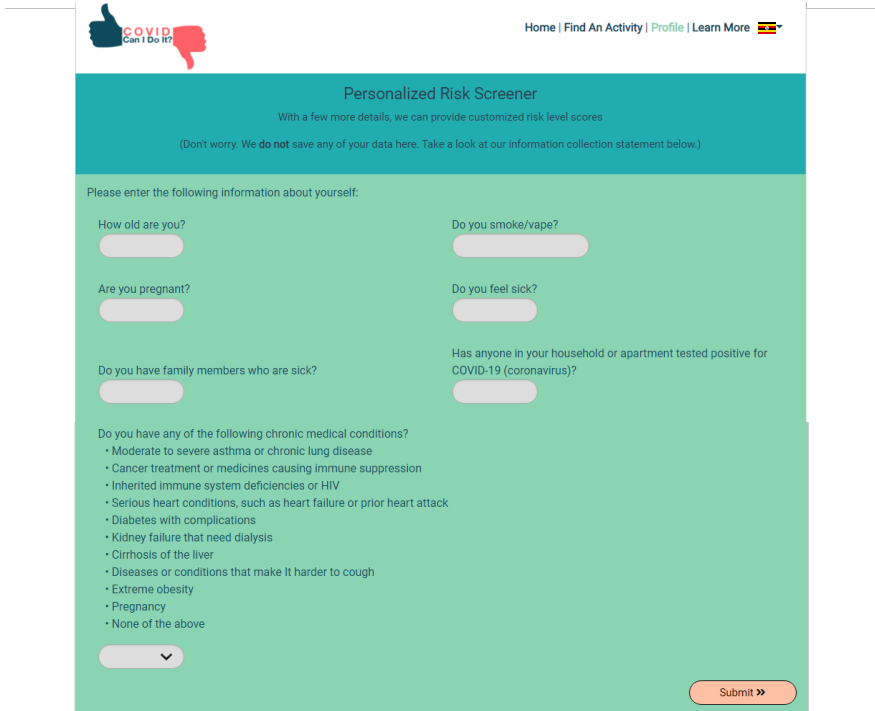
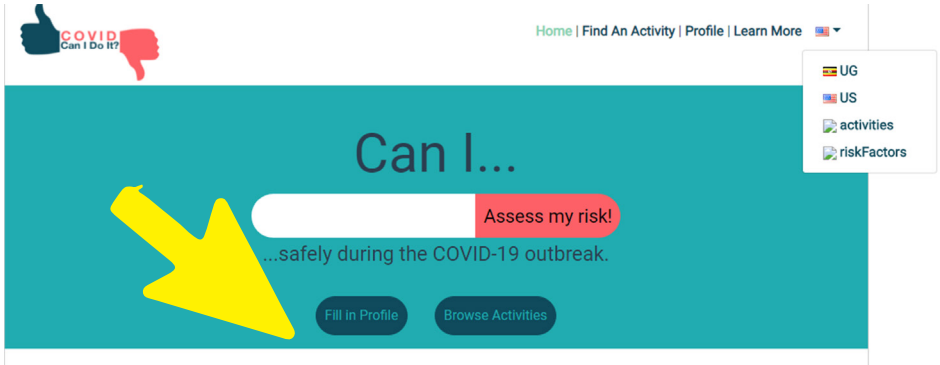
1. Open a browser and type the link <https://covidcanidoit.com/> or just click on the click <https://covidcanidoit.com/> in case it is sent to you





This takes you to the home page. In the top right corner of your device window, click the drop down menu to select the “Ugandan flag” for uganda.

2. Click “Fill in Profile” to choose from the different options accordingly and scroll down to click submit. You can choose the skip button as this step is optional though very important in customizing the final output.



3. Click in the search bar left to the “Assess my risk button” on the home page. Then type and select from the pop up options the name of your activity of interest.

COVID Can I Do It?

Home | Find An Activity | Profile | Learn More

# Can I...

Assess my risk!

- Biking alone
- Biking with a friend
- Biking with more than one friend
- Commuting via walking
- Commuting via biking
- Commuting via driving
- Commuting via public transportation
- Doctor's Appointment (non-routine)
- Dog Walking
- Elevator
- Exchanging Dollars
- Food, Accepting Delivery

### How "COVID Can I Do It" The Risk Score

1. COVID-19, aka coronavirus, is a **public health concern**.
2. Our team reviewed **public comments** to assess the **potential risk of getting sick**.
3. Two independent **reviewers** rate the risk.
4. These ratings were **independent** of each other.
5. These ratings reflect what we know about risk associated with doing any activity and are reviewed each week to reflect **changing research** on COVID-19.

4. Once you select your activity of interest, COVIDCanIDoIt returns a general risk level with generic guidance on preventing COVID-19 transmission.

COVID Can I Do It? Home | Find An Activity | Profile | Learn More

# Can I...

Food (Delivery, Occupation) **Assess my risk!**

...safely during the COVID-19 outbreak.

[Fill in Profile](#) [Browse Activities](#)

- You can continue to do this activity.
- The frequency and nature of the activity puts you at low risk for contracting or transmitting COVID-19.
- You may still want to take extra precautions for prevent infection, including covering your face with a cloth or non-medical mask.

Food (Delivery, Occupation) has a risk level of

## 3

Elevated

1 2 3 4 5

Check to see if it's going to be crowded when and where you are

Please enter the activity location

[How Busy Will It Be?](#)

[More info](#)

### Additional Risk Factors

#### How "COVID Can I Do It" Works

##### The Risk Score

- COVID-19, aka coronavirus, is a new virus that the public health and medical community is **still learning about**.
- Our team reviewed **public comments** made by infectious disease experts and, when available, **published scientific literature**, to assess the **potential risk of getting and spreading** COVID-19 posed by doing common, everyday things.
- Two independent **reviewers** rated the overall risk of each activity and for seven specific age groups.
- These ratings were **independently reviewed** by a panel of experts and revised based on their comments and feedback.
5. These ratings reflect what we know about risk associated with doing any activity and are reviewed each week to reflect **changing research** on COVID-19.

5. Next to the risk score (in the “please enter activity location bar”), fill the name of the place where you are going to have the activity. The tool informs you how crowded and busy the place is in terms of days of the week by displaying bars.

**Commuting via walking**  
has a risk level of

**1**  
Low

1 2 3 4 5

- You can continue to do this activity.
- The frequency and nature of the activity puts you at low risk for contracting or transmitting COVID-19.
- You may still want to take extra precautions to prevent infection, including covering your face with a cloth or non-medical mask.

Check to see if it's going to be crowded when and where you are

Please enter the activity location

**How Busy Will It Be?**

[More info](#)

**Nakasero Market**

- Nakasero Hospital Ahi Bwa Road, Kampala, Uganda
- Nakasero Market Market Square Road, Kampala, Uganda
- Nakasero Blood Bank Queen's Lane, Kampala, Uganda
- Nakasero Mosque Shay Bin Amir Rise, Kampala, Uganda
- Nakasero Senior School Kabaka Jaggala Road, Kampala, Uganda

powered by Google

Check to see if it's going to be crowded when and where you are

Nakasero Market, Market Square Road, Kampala, Uganda

**How Busy Will It Be?**

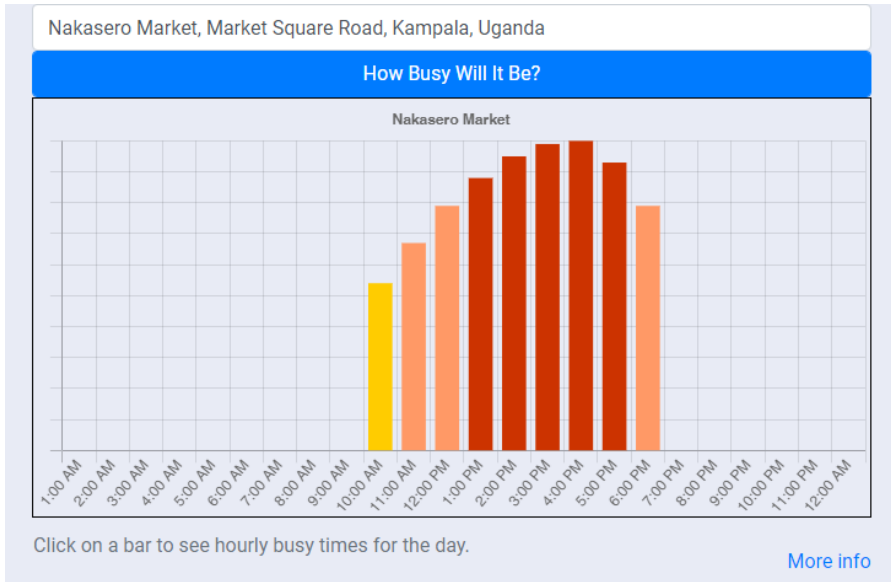
**Nakasero Market**

Day	Busy Level (approximate)
Monday	4.5
Tuesday	4.5
Wednesday	4.0
Thursday	3.5
Friday	5.5
Saturday	6.0
Sunday	0.0

Click on a bar to see hourly busy times for the day.

[More info](#)

6. To find how busy a specific day is, in terms of time, click on its bar.



## Do you know?

You can bookmark this site, and add to my screen to create a shortcut on your screen so that you can navigate quickly to the page with visiting the browser everytime

# Who We Are

## Risk Assessment



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- Joseph Byamugisha, MBChB V



- Jarjieh FanG, MPH
- Gayatri Sanku, MPH

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- [Grant Hussey](#)
- [Johnny Li](#)

### Design

- [Meera Nathan](#)

