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Degrees of Separation Exercise

Do we really think about the hundreds of people we interact with daily? This exercise is meant to help illustrate those interactions and help you to figure out what tasks may be unnecessary in order to help contain this pandemic.

Example:

Woman who sees clients in a one-on-one capacity three days a week for work also runs 3 singing groups, one of which is in her home once a week. She travels by subway for the most part but has access to a car. Her personal life also consists of weekly guitar lessons at a guitar studio, weekly swimming at a local gym, and she intended to begin a personal training regimen this week.

Who might be affected:

1. One-on-one client meetings: 40 clients who all go to the same location to see her. If one ends up being sick, they would all be quarantined (including herself and the person she shares an office with and all of THOSE clients). Potential impact: 100-250 (category: business – required, however phone sessions are possible in her line of work)
2. Singing groups: 60 people throughout all three groups, most over the age of 50. This group has been running for 5 years and is part of everyone's quality of life during retirement: impact 120-300 (category: quality of life – encouraged upkeep)
3. Travel by subway: Thousands of potential interactions. (category: business/transportation – STOP use and utilize personal vehicle instead, walking or biking if possible. Otherwise, consider wearing disposable gloves and washing hands as soon as possible as well as avoiding rush hour if possible)
4. Guitar Lessons: Guitar studio sees 150-200 students per week and has common guitars. If one student or teacher was sick, all students would be quarantined. Potential impact: 300-1000. (Category: quality of life – encouraged upkeep, suggest bringing own guitar)
5. Swimming: 400 people go to the pool per week, pool is compliant with hourly pool inspections and daily wash-downs of pool decks. Highest risk of surface contamination occurs in rest room, shower, and while using locker. (Category: Quality of life – low impact, continue swimming)
6. Personal training: 500-600 people use the gym per week, personal trainer means working in close quarters in a one-on-one capacity (see discussion above). This would be a new activity. (Category: quality of life – new addition – postpone until a later date)

From this activity, we realize that the person in question technically comes in contact with thousands of people per day despite having a one-on-one based job. Some things, like quality of life interactions and business, should be cautiously continued while other things, like a new personal workout routine, should be shelved until a later date.

Go through your daily routine or use your calendar from the prior week to help yourself and your family do this exercise. If you need help or get stuck, feel free to email Samantha.Lushtak@AbsoluteEHS.com for assistance