## COVID DARK RED: Extremely Severe Risk of COVID-19 Spread

<table>
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<th>General Public</th>
<th>Outside the Home – Work, Social, in Public</th>
<th>At Home</th>
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</table>
| **Physical Distancing**        | • **Stay at home** unless essential personnel traveling for work, or general public acquiring medical care or food<br>  
  • When purchasing food or medical supplies, ONLY use curb-side pick up or delivery<br>  
  • Do not drink or dine indoors at bars or restaurants<br>  
  • Do not shop inside of stores<br>  
  • Do not attend any social gatherings outside of the home<br>  
  • Use virtual options to participate in religious services<br>  
  • Work from home<br>  
  • Employers: All personnel should work from home if at all possible<br>  
  • Individual outdoor activities such as walking, biking, etc. are acceptable<br>  
  • Distance at least 6 feet from anyone outside the home<br>  
  • **No contact** with others | • No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected<br>  
  • Quarantine and testing of symptomatic persons<br>  
  • No gatherings with non-household members |
| **Face Masks**                 | • Face masks when outside of the home and near others                                                   | • No face masks for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected<br>  
  • Face masks for symptomatic people |
| **Hand Washing**               | • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating<br>  
  • Use hand sanitizer when handwashing is inaccessible or infeasible | • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/face, or before eating |
| **Illness Monitoring**         | • If ill with Flu-like or COVID-like symptoms, **Stay at Home** even for essential personnel<br>  
  • Minimize contact with symptomatic people<br>  
  • Daily temperature checks at work | • Daily temperature check<br>  
  • Continuously monitor for COVID-19 symptoms<br>  
  • Self-isolation of symptomatic persons<br>  
  • Contact healthcare provider if sick<br>  
  • Monitor the health of anyone in your home with COVID-like symptoms |
| **Disinfecting**               | • Avoid bare hand contact with any high touch surface<br>  
  • Use barrier such as paper towel or clothing when bare hand contact is unavoidable<br>  
  • Wash hands or apply sanitizer after touching high contact surfaces<br>  
  • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures) | • Avoid bare hand contact with any high touch surface<br>  
  • Use barrier such as paper towel or clothing when bare hand contact is unavoidable<br>  
  • Wash hands or apply sanitizer after touching high contact surfaces<br>  
  • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures) |

### At-Risk or Vulnerable Population

For older adults, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:

• Stay home
• Rely on help for needs outside the home (groceries, medications, etc.)
• Distance from those working outside of the home
• Wear a face mask around others