# COVID Green: Low Risk of COVID-19 Spread

<table>
<thead>
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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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| **Physical Distancing** | • Limit activities outside of the home  
• Distance at least 6 feet from anyone outside the home  
• Work from home when possible  
• Individual outdoor activities such as walking, biking, etc. are acceptable  
• Cautious expansion of interactions with others, outdoor activities preferred  
• Gatherings and events only with modifications (i.e. physical distancing, face masks, etc.)  
• Follow [CDC Travel Guidelines](https://www.cdc.gov/coronavirus/2019-ncov/travel.html) | • No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected  
• Quarantine and testing of symptomatic persons  
• Outdoor activities with distancing are acceptable. |
| **Face Masks** | • Face masks for anyone over 2 years old, when indoors or when physical distancing of greater than 6 feet is not possible. | • No face masks for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected  
• 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  
• 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/touching face, or before eating |
| **Illness Monitoring** | • If ill with Flu-like or COVID-like symptoms, **Stay at Home**  
• Minimize contact with symptomatic people | • Be aware of COVID-like symptoms  
• Contact medical care provider if you have COVID-like symptoms |
| **Disinfecting** | • Increased awareness of germ transmission through high contact surfaces  
• Incorporation of COVID-19 disinfection practices for high touch surfaces  
• Avoid bare hand contact with any high touch surface  
• Use barrier such as paper towel or clothing when bare hand contact is unavoidable  
• Wash hands or apply sanitizer after touching high contact surfaces  
• Normal disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures) | • Increased awareness of germ transmission through high contact surfaces  
• Normal disinfection practices, with consideration for high contact surfaces (door/other handles, light switches, bathrooms) |

**At-Risk or Vulnerable Population**

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

• You do not have to stay home at all times, but should continue physical distancing when possible in public settings.  
• Cautious expansion of interactions with others, reengage in small social settings, outdoor activities preferred  
• Avoid large group settings and events with many people  
• Wear a face mask around others