## COVID ORANGE: High Risk of COVID-19 Spread

<table>
<thead>
<tr>
<th>General Public</th>
<th>Outside the Home – Work, Social, In Public</th>
<th>At Home</th>
</tr>
</thead>
</table>
| **Physical Distancing** | • **Limit activities outside the home**, unless for work, school, medical care, or food  
• Distance at least 6 feet from anyone outside the home  
• Work from home when possible  
• Individual outdoor activities such as walking, biking, etc. are preferred  
• Smallest number of contacts feasible  
• Small gatherings and events only with modifications (i.e. physical distancing, face masks, etc.)  
• Avoid large gatherings  
• Follow [CDC Travel Guidelines](http://www.cdc.gov) | • 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 members of your household are acceptable  
• Small gatherings with modifications (i.e. physical distancing, face masks, etc.), preferably outdoors |
| **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 sick with Flu-like or COVID-like symptoms, **Stay at Home**  
• Minimize contact with symptomatic people  
• Daily temperature checks at work | • Daily temperature checks  
• Monitor for COVID-like symptoms  
• Contact healthcare provider if sick  
• Monitor the health of anyone in your home with COVID-like symptoms |
| **Disinfecting** | • 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  
• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures) | • 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 as much as possible  
• 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