COVID ORANGE: High Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
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	• 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	

Adapted and used with permission from the Lincoln Lancaster County Health Department