The following guidelines apply to anyone not fully vaccinated against COVID-19. Vaccinated individuals should follow CDC guidelines.

## COVID RED: Severe 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>
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</thead>
</table>
| **Physical Distancing** | • **Stay at home** unless essential personnel traveling for work, or general public acquiring medical care or food  
• Individual outdoor activities such as walking, biking, etc. are acceptable  
• Distance at least 6 feet from anyone outside the home  
• Work from home  
• 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  
• Quarantine and testing of symptomatic persons  
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  
• 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** even for essential personnel  
• Minimize contact with symptomatic people  
• Daily temperature checks at work | • Daily temperature check  
• Continuously monitor for COVID-19 symptoms  
• Self-isolation of symptomatic persons  
• 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) | • 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) |

### 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  

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[www.tulsa-health.org/COVID19](http://www.tulsa-health.org/COVID19)  
Adapted and used with permission from the Lincoln Lancaster County Health Department