

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		
General Public	Outside the Home – Work, Social, in Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Face masks when outside of the home and near others 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating
Illness Monitoring	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • 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	<p>For older adults, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:</p> <ul style="list-style-type: none"> • 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 	