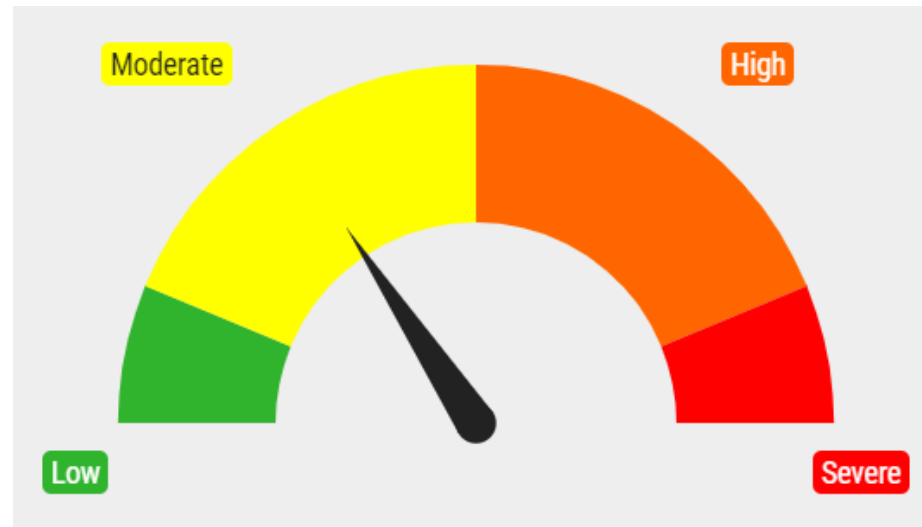

COMMUNITY GUIDANCE FOR RISK DIAL IN ELEVATED YELLOW



COVID19.lincoln.ne.gov

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CITY OF
LINCOLN
NEBRASKA



COVID ELEVATED Yellow - Moderate Risk of COVID-19 Community Spread

Guidance for Persons who are Unvaccinated

Unvaccinated General Public	Outside the Home – Work, Social, In Public	At Home
Get Vaccinated	<ul style="list-style-type: none"> • Get vaccinated as soon as possible Vaccine Info 	<ul style="list-style-type: none"> • Get vaccinated as soon as possible Vaccine Info
Physical Distancing Unvaccinated	<ul style="list-style-type: none"> • Distance at least 6 feet from anyone outside the home, both indoors and outdoors • Outdoor activities such as walking, biking, etc. are okay • Avoid close interactions with older adults • Avoid close interactions with anyone with underlying health conditions, especially persons who may be immunocompromised • Follow CDC Travel Guidelines 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine • Outdoor activities with distancing
Face Masks Unvaccinated	<ul style="list-style-type: none"> • Wear a face mask in indoor settings • Wear a face mask in crowded outdoor settings • Wear a face mask if symptomatic 	<ul style="list-style-type: none"> • No face mask for people without symptoms, unless under quarantine • Face masks for symptomatic people
Hand Washing Unvaccinated	<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 Unvaccinated	<ul style="list-style-type: none"> • If ill with Flu-like or COVID-like symptoms, wear a mask, get tested, Stay at Home, and contact health care provider • Minimize contact with symptomatic people 	<ul style="list-style-type: none"> • Be aware of COVID-like symptoms • If ill with COVID-like symptoms, wear a mask, get tested, stay away from others, and contact health care provider
Disinfecting Unvaccinated	<ul style="list-style-type: none"> • Increased awareness of germ transmission through high contact 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 • Enhanced disinfection, especially for high contact surfaces (handles, switches, etc.) 	<ul style="list-style-type: none"> • Enhanced disinfection, especially for high contact surfaces (handles, switches, etc.)

Unvaccinated At-Risk or Vulnerable Persons	For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19: <ul style="list-style-type: none">• Consult with your health care provider about vaccination and other protective actions you should take• Stay home as much as possible, rely on help for needs outside the home, distance from those working outside of the home• Wear a mask whenever in indoor settings and crowded outdoor settings
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COVID ELEVATED Yellow: Moderate Risk of COVID-19 Spread

Guidance for Persons who are Fully Vaccinated

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing Fully Vaccinated	<ul style="list-style-type: none"> Distance at least 6 feet from anyone outside the home Outdoor activities such as walking, biking, etc. are okay Follow CDC Travel Guidelines 	<ul style="list-style-type: none"> No distancing for people without symptoms, unless they are under quarantine
Face Masks Fully Vaccinated	<ul style="list-style-type: none"> Wear a face mask in indoor settings Wear a face mask in crowded outdoor settings Wear a face mask if symptomatic 	<ul style="list-style-type: none"> No face masks for people without symptoms, unless they are under quarantine Face masks for symptomatic people
Hand Washing Fully Vaccinated	<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 Fully Vaccinated	<ul style="list-style-type: none"> If ill with Flu-like or COVID-like symptoms, wear a mask, get tested, stay at home, and contact your health care provider Minimize contact with symptomatic people 	<ul style="list-style-type: none"> Be aware COVID-like symptoms If ill with COVID-like symptoms, wear a mask, stay away from others in your home, get tested and contact health care provider
Disinfecting Fully Vaccinated	<ul style="list-style-type: none"> Increased awareness of germ transmission through high contact 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 (handles, switches, etc.) 	<ul style="list-style-type: none"> Increased awareness of germ transmission through high contact surfaces Normal disinfection practices, with consideration for high contact surfaces (handles, switches, etc.)
Fully Vaccinated At-Risk or Vulnerable Persons	<p>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19:</p> <ul style="list-style-type: none"> Wear a mask whenever in indoor settings and crowded outdoor setting to increase your level of protection, Avoid close interactions with unvaccinated people Consult with your health care provider about additional protective actions you should take 	