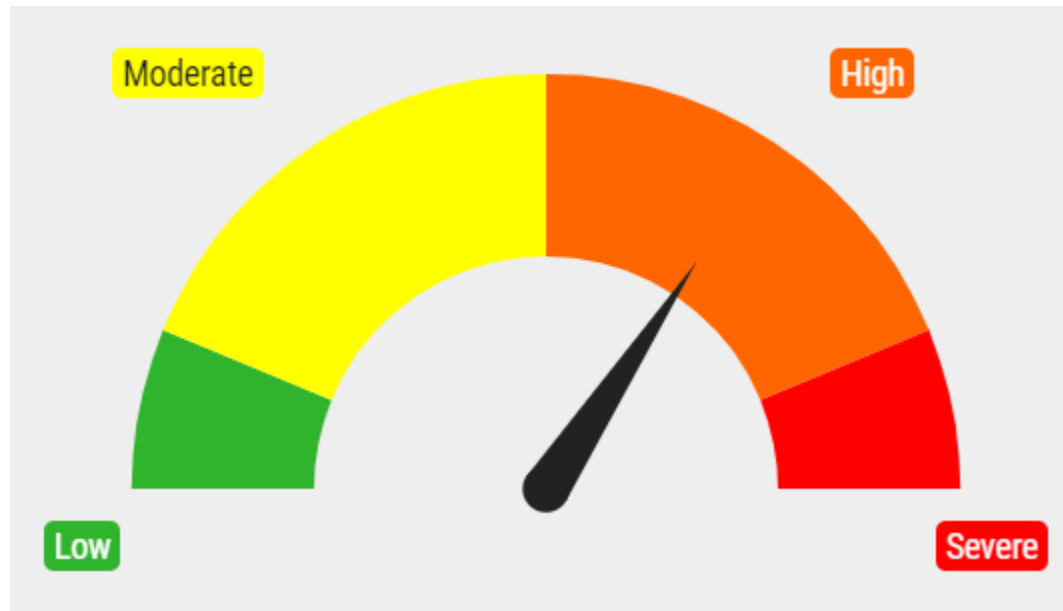


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# *COMMUNITY GUIDANCE*

## *FOR RISK DIAL IN ORANGE*

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[covid19.lincoln.ne.gov](https://covid19.lincoln.ne.gov)

Updated July 6, 2022

CITY OF  
**LINCOLN**  
NEBRASKA



## COVID ORANGE: High Risk of COVID-19 Spread Guidance for General Public

General Public	Outside the Home – Work, Social, In Public	At Home
<b>Vaccination</b>	<ul style="list-style-type: none"> <li>Stay up to date <a href="#">Vaccine Info</a></li> </ul>	<ul style="list-style-type: none"> <li>Stay up to date <a href="#">Vaccine Info</a></li> </ul>
Physical Distancing	<ul style="list-style-type: none"> <li>Distance at least 6 feet from anyone outside the home</li> <li>Avoid close interactions with symptomatic people</li> <li>Follow <a href="#">CDC Travel Guidelines</a></li> </ul>	<ul style="list-style-type: none"> <li>No distancing for people without symptoms, unless they are under quarantine</li> </ul>
Face Masks	<ul style="list-style-type: none"> <li>Wear a face mask in indoor settings when unable to distance</li> <li>Wear a face mask in crowded outdoor settings when unable to distance</li> <li>Wear a face mask if you have allergy, cold or COVID-like symptoms</li> </ul>	<ul style="list-style-type: none"> <li>If you or someone in your home are at high risk for severe illness, wear a mask around others</li> <li>If you or someone in your home has tested positive for COVID-19 and you are unable to fully isolate, wear a face mask</li> <li>Wear a face mask if you have allergy, cold or COVID-like symptoms</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>Use hand sanitizer when handwashing is inaccessible</li> </ul>	<ul style="list-style-type: none"> <li>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/ touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>If ill with allergy, cold or COVID-like symptoms, wear a mask, get tested or use home test, stay at home, and contact your health care provider for information and available treatments if you test positive</li> <li>Minimize contact with symptomatic people</li> </ul>	<ul style="list-style-type: none"> <li>If ill with allergy, cold or COVID-like symptoms, wear a mask, stay away from others in your home, get tested or use home test, and contact health care provider for information and available treatments if you test positive</li> <li>Minimize contact with symptomatic people</li> </ul>
<b>Persons at High Risk For Severe COVID-19</b>	<p><b>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19:</b></p> <ul style="list-style-type: none"> <li>Wear a mask whenever in indoor settings and crowded outdoor setting to increase your level of protection</li> <li>Consult with your health care provider about additional protective actions you should take</li> <li><a href="http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html">www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html</a></li> </ul>	