COMMUNITY GUIDANCE
FOR RISK DIAL IN YELLOW

COVID19.lincoln.ne.gov

Updated May 9, 2022
## COVID Yellow: Moderate Risk of COVID-19 Spread
### Guidance for the General Public

<table>
<thead>
<tr>
<th>General Public</th>
<th>Outside the Home – Work, Social, In Public</th>
<th>At Home</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Get Vaccinated</strong></td>
<td>• Get vaccinated as soon as possible <a href="#">Vaccine Info</a></td>
<td>• Get Vaccinated <a href="#">Vaccine Info</a></td>
</tr>
</tbody>
</table>
| **Physical Distancing** | • Avoid crowded indoor settings where distancing is difficult  
• Follow [CDC Travel Guidelines](#) | • No distancing for people without symptoms, unless they are under quarantine |
| **Face Masks** | • Wear a face mask if you have COVID-like symptoms  
• Wear a mask based on your personal preference, informed by your vaccination status and personal level of risk | • If you or someone in your home are at high risk for severe illness, wear a mask around others  
• If you or someone in your home has tested positive for COVID-19 and you are unable to fully isolate, wear a face mask  
• Wear a face mask if you have COVID-like symptoms |
| **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, 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  
• Minimize contact with symptomatic people | • If ill with Flu-like 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  
• Minimize contact with symptomatic people |

**Persons At High Risk for Severe COVID-19**

• Those over age 65 and people with medical conditions associated with higher risk for severe COVID-19 should consult with your health care provider about additional protective actions you should take.  

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