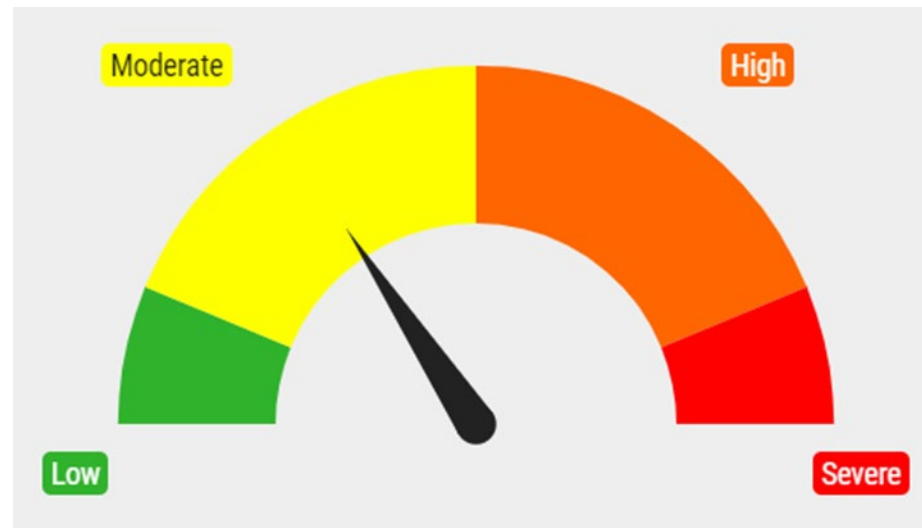

COMMUNITY GUIDANCE

FOR RISK DIAL IN YELLOW



COVID19.lincoln.ne.gov

Updated May 9, 2022

CITY OF
LINCOLN
NEBRASKA



COVID Yellow: Moderate Risk of COVID-19 Spread

Guidance for the General Public

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 Vaccine Info
Physical Distancing	<ul style="list-style-type: none"> • Avoid crowded indoor settings where distancing is difficult • Follow CDC Travel Guidelines 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine
Face Masks	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<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, 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. <p style="text-align: center;">www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html</p>	