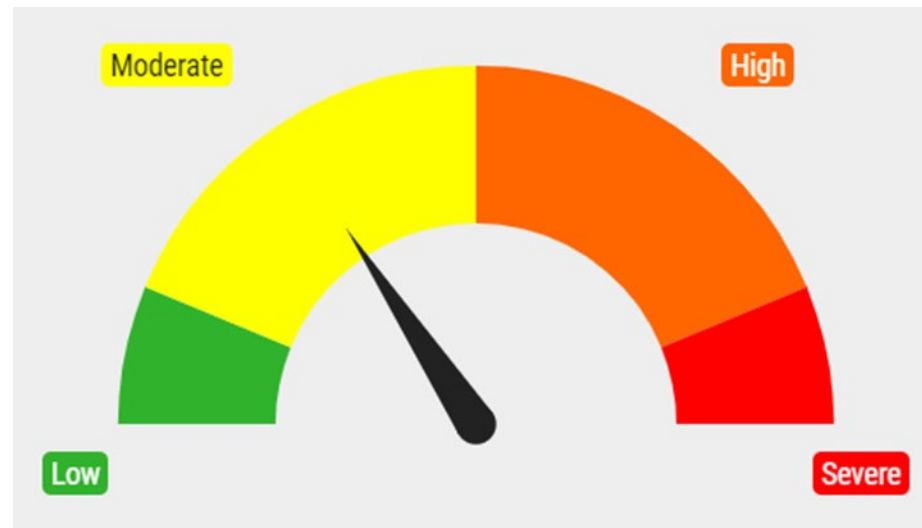

COMMUNITY GUIDANCE

FOR RISK DIAL IN YELLOW



COVID19.lincoln.ne.gov

Updated August 22, 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 allergy, cold or 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 allergy, cold or 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 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 Minimize contact with symptomatic people 	<ul style="list-style-type: none"> 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 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>	