COMMUNITY GUIDANCE
FOR RISK DIAL IN RED

Updated January 4, 2022

covid19.lincoln.ne.gov
# COVID RED - Severe Risk of COVID-19 Community Spread

## Guidance for General Public

<table>
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<th>General Public</th>
<th>Outside the Home – Work, Social, In Public</th>
<th>At Home</th>
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</table>
| **Vaccine Info** | • If not vaccinated, get vaccinated now  
• If vaccinated, get your booster | • Get vaccinated **Vaccine Info** |
| **Physical Distancing** | • Avoid close contact with others from outside your home  
• Distance at least 6 feet from others  
• Avoid crowds - do not attend large gatherings or events  
• Outdoor activities with distancing  
• Follow [CDC Travel Guidelines](#) | • No distancing for people without symptoms, unless they are under quarantine  
• Outdoor activities with distancing |
| **Face Masks** | • Wear a face mask in indoor settings  
• Wear a face mask in crowded outdoor settings  
• Wear a face mask if symptomatic | • No face mask for people without symptoms, unless under quarantine  
• Face masks for symptomatic people |
| **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 experiencing Allergy, Cold, Flu or COVID symptoms, wear a mask, **get tested**, **Stay at Home**, and contact health care provider  
• Minimize contact with symptomatic people | • 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** | • Avoid bare hand contact with any high touch surface  
• Wash hands or apply sanitizer after touching high contact surfaces  
• Enhanced disinfection, especially for high contact surfaces (handles, switches, etc.) | • Enhanced disinfection, especially for high contact surfaces (handles, switches, etc.) |

## At-Risk or Vulnerable Persons

For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:

• 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

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