
COMMUNITY GUIDANCE

FOR RISK DIAL IN RED



covid19.lincoln.ne.gov

Updated January 10, 2022

CITY OF
LINCOLN
NEBRASKA



COVID RED - Severe Risk of COVID-19 Community Spread

Guidance for General Public

General Public	Outside the Home – Work, Social, In Public	At Home
Vaccine Info	<ul style="list-style-type: none"> • If not vaccinated, get vaccinated now • If vaccinated, get your booster 	<ul style="list-style-type: none"> • Get vaccinated Vaccine Info
Physical Distancing	<ul style="list-style-type: none"> • Only go out to work, school, buy food, or get medical care or vaccinations. • 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 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine • Outdoor activities with distancing
Face Masks	<ul style="list-style-type: none"> • Wear a face mask in indoor settings • Wear a face mask in crowded outdoor settings • Wear a face mask if symptomatic 	<ul style="list-style-type: none"> • No face mask for people without symptoms, unless under quarantine • Face masks for symptomatic people
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 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.) 	<ul style="list-style-type: none"> • Enhanced disinfection, especially for high contact surfaces (handles, switches, etc.)
At-Risk or Vulnerable Persons	<p>For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:</p> <ul style="list-style-type: none"> • 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 	