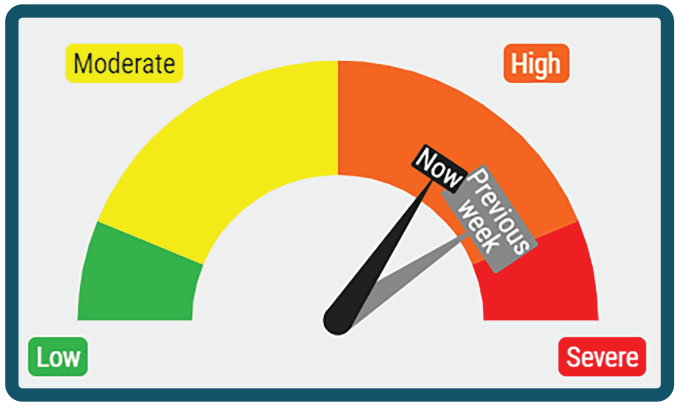
COVID-19 Risk Dial & Community Guidance

COVID19.lincoln.ne.gov



CITY OF LINCOLN NEBRASKA

LINCOLN LANCASTER COUNTY HEALTH DEPARTMENT

The purpose of the Lancaster County COVID-19 Risk Dial is to inform residents regarding the current level of risk from COVID-19 and actions residents can take to stay healthy, and protect themselves, their family and the community. Each color on the COVID DIAL provides specific guidance for what you can do to stay safe. Special guidance is included for people who are most at risk and vulnerable to the COVID-19 virus.

Levels of Risk

The COVID-19 Risk Dial advises four risk levels of transmission: Red - Severe; Orange – High; Yellow – Moderate; and Green - Minimal. Along with the risk level of transmission are actions residents should follow: Stay home, (red); minimize all contacts (orange); stay vigilant (yellow); and resume normal contacts (green).

Red – Severe Risk - Stay Home

Red signifies a severe and uncontrolled level of COVID-19 in Lincoln and Lancaster County, meaning multiple outbreaks are present and broad community spread exists. At this level, residents should take actions to minimize contact with others wherever possible and limit activities outside the home unless for work, school, medical care or food. Residents should wear face masks, ensure 6 feet of distance from others, avoid all gatherings with anyone outside of your own home, and only visit businesses that follow public health guidance.

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

- **Stay home**
- **Rely on help for needs outside the home (groceries, medications, etc.)**
- **Distance from those working outside of the home**
- **Wear a face mask around other persons**.

Orange – High Risk - Minimize Contacts

Orange signifies a significant level of spread of COVID-19 in Lincoln and Lancaster County, meaning that there is an ongoing high level of transmission of the virus. At this level, residents should limit activities outside the home unless for work, school, medical care or food. Residents should wear face masks, ensure 6 feet of distance from others, avoid gatherings, and only visit businesses that follow public health guidance.

Yellow – Moderate Risk - Stay Vigilant

Yellow signifies a moderate, but controlled level of COVID-19 in Lincoln and Lancaster County. Residents should remain vigilant but can resume more interaction with others using face masks and 6 feet of distance.

Green – Low Risk - Resume Normal Activity

Green signifies a minimal and controlled level of COVID-19 in Lancaster County, meaning new chains of transmission are limited and quickly broken. At this level, residents may resume normal contact with others unless sick.

COVID RED: Severe Risk of COVID-19 Spread

General Public	Outside the Home – Work, School, Social, in Public	At Home
Physical Distancing	• **Stay at home** unless traveling for work, school, medical care or food • Individual outdoor activities such as walking, biking, etc. are acceptable • Distance at least 6 feet from anyone outside the home • Work from home if possible • No contact with others outside of those that live in your home	• No gatherings with non-household members • If someone in your home is sick with COVID-like or Flu-like symptoms they should get tested and stay away (isolate) from other household members. Everyone in the household should wear a mask and keep a minimum of 6 feet of distance
Face Masks Should cover the nose and mouth	• Always wear a face mask when outside of the home and near (within 6 feet) others in ALL situations indoors and outdoors	• Require face masks for anyone to enter your home that is not part of your household • If someone in your home is sick with COVID-like or Flu-like symptoms they should get tested, everyone should wear a face mask and keep 6 feet of distance if possible • No face masks for people who live in home if they are not sick with COVID-like or Flu-like symptoms, unless they are under quarantine as a result of being exposed to someone who is infected
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, **Stay at Home, get tested,** even for essential personnel • Avoid any contact with symptomatic people • Daily temperature checks at work	• Daily temperature check • Continuously monitor for COVID-like or Flu-like symptoms • If symptomatic, self-isolate, get tested and stay isolated unless you get a negative test • If symptoms become worse contact healthcare provider
Disinfecting	• Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)	• Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	**For older adults, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:** • **Stay home** • **Rely on help for needs outside the home (groceries, medications, etc.)** • **Distance from those working outside of the home** • **Wear a face mask around others**	

Revised October 2020

COVID ORANGE: High Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	• **Limit activities outside the home,** unless for work, school, medical care, or food • Distance at least 6 feet from anyone outside the home • Work from home when possible • Individual outdoor activities such as walking, biking, etc. are preferred • Smallest number of contacts feasible • Small gatherings and events only with modifications (i.e. physical distancing, face masks, etc.) • Avoid large gatherings • Follow CDC Travel Guidelines	• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Quarantine and testing of symptomatic persons • Outdoor activities with members of your household are acceptable • Small gatherings with modifications (i.e. physical distancing, face masks, etc.), preferably outdoors
Face Masks	• Face masks for anyone over 2 years old, when indoors or when physical distancing of greater than 6 feet is not possible.	• No face masks for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • 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 sick with Flu-like or COVID-like symptoms, **Stay at Home** • Minimize contact with symptomatic people • Daily temperature checks at work	• Daily temperature checks • Monitor for COVID-like symptoms • Contact healthcare provider if sick • Monitor the health of anyone in your home with COVID-like symptoms
Disinfecting	• Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)	• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	**For older adults, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:** • **Stay home as much as possible** • **Rely on help for needs outside the home (groceries, medications, etc.)** • **Distance from those working outside of the home** • **Wear a face mask around others**	

Revised October 2020

COVID Yellow: Moderate Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	• Limit activities outside of the home • Distance at least 6 feet from anyone outside the home • Work from home when possible • Individual outdoor activities such as walking, biking, etc. are acceptable • Cautious expansion of interactions with others, outdoor activities preferred • Gatherings and events only with modifications (i.e. physical distancing, face masks, etc.) • Follow CDC Travel Guidelines	• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Quarantine and testing of symptomatic persons • Outdoor activities with distancing are acceptable.
Face Masks	• Face masks for anyone over 2 years old, when indoors or when physical distancing of greater than 6 feet is not possible.	• No face masks for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • 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 ill with Flu-like or COVID-like symptoms, **Stay at Home** • Minimize contact with symptomatic people • Daily temperature checks at work	• Monitor for COVID-like symptoms
Disinfecting	• Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)	• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	**For older adults, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:** • **Stay home as much as possible** • **Rely on help for needs outside the home (groceries, medications, etc.)** • **Distance from those working outside of the home** • **Wear a face mask around others**	

Revised October 2020

COVID Green: Low Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	• No distancing, resumption of normal work and community life • Follow CDC Travel Guidelines	• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Quarantine and testing of symptomatic persons
Face Masks	• No face masks for healthy people	• No face masks for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • 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 ill with Flu-like or COVID-like symptoms, **Stay at Home** • Minimize contact with symptomatic people	• Be aware of COVID-like symptoms • Contact medical care provider if you have COVID-like symptoms
Disinfecting	• Increased awareness of germ transmission through high contact surfaces • Incorporation of COVID-19 disinfection practices for high touch surfaces • Avoid bare hand contact with any high touch surface • Use barrier such as paper towel or clothing when bare hand contact is unavoidable • Wash hands or apply sanitizer after touching high contact surfaces • Normal disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)	• Increased awareness of germ transmission through high contact surfaces • Normal disinfection practices, with consideration for high contact surfaces (door/other handles, light switches, bathrooms)
At-Risk or Vulnerable Population	**For older adults, people with underlying health conditions, and other populations at heightened risk from COVID-19** • **You do not have to stay home at all times but should continue physical distancing when possible in public settings.** • **Cautious expansion of interactions with others, reengage in small social settings, outdoor activities preferred** • **Avoid large group settings and events with many people** • **Wear a face mask around others**	