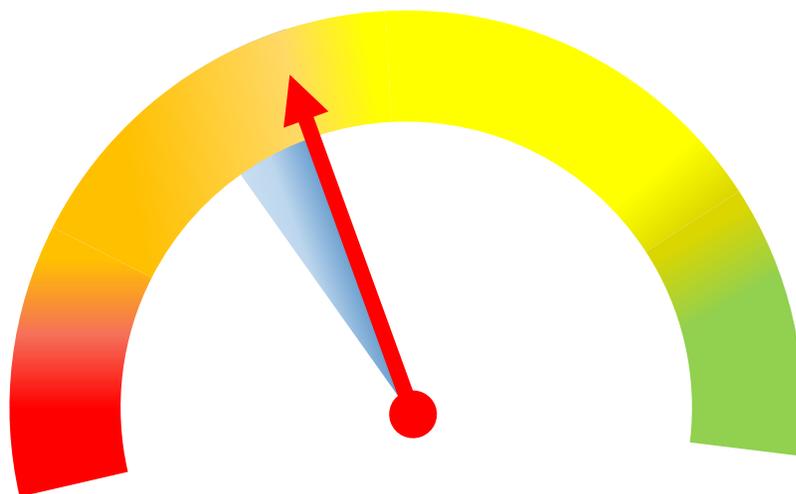
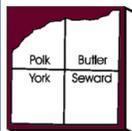

COVID RISK DIAL & COMMUNITY GUIDANCE



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**Four Corners
Health Department**



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NEBRASKA



COVID RED: Severe Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, in Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • Stay at home unless essential personnel traveling for work, or general public acquiring medical care or food • Distance at least 6 feet from anyone outside the home • Work from home • No contact with others 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Self-isolation of symptomatic persons
Face Covering	<ul style="list-style-type: none"> • Face coverings when outside of the home and near others 	<ul style="list-style-type: none"> • No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Face coverings 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 ill with Flu-like or COVID-like symptoms, Stay at Home even for essential personnel • Minimize contact with symptomatic people • Daily temperature checks at work 	<ul style="list-style-type: none"> • Daily temperature check • Continuously monitor for COVID-19 symptoms • Self-isolation of symptomatic persons • Contact healthcare provider if sick • Monitor the health of anyone in your home with COVID-like symptoms
Disinfecting	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • 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	<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"> • Stay home • Rely on help for needs outside the home (groceries, medications, etc.) • Distance from those working outside of the home 	

COVID ORANGE: High Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • Stay at home unless traveling for work, medical care, or food • Distance at least 6 feet from anyone outside the home • Work from home if possible • Individual outdoor activities such as walking, biking, etc. are acceptable • Smallest number of contacts feasible • No large gatherings or events, no more than 10 people 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Self-isolation of symptomatic persons • Outdoor activities with members of your household are acceptable
Face Covering	<ul style="list-style-type: none"> • Face coverings strongly recommended for anyone over 2 years old 	<ul style="list-style-type: none"> • No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected • Face coverings 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 sick with Flu-like or COVID-like symptoms, Stay at Home • Minimize contact with symptomatic people • Daily temperature checks at work 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	<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"> • 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 	

COVID Yellow: Moderate Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> Consider staying at home most of the time, with caution for non-essential travel and work Distance at least 6 feet from anyone outside the home Individual outdoor activities such as walking, biking, etc. are acceptable Cautious expansion of interactions with others, outdoor activities preferred Gatherings only with modifications for COVID-19 Events only as guided by Four Corners Health Department 	<ul style="list-style-type: none"> No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected Self-isolation of symptomatic persons Outdoor activities with distancing are acceptable.
Face Covering	<ul style="list-style-type: none"> Face coverings suggested when unable to distance Face coverings for symptomatic people 	<ul style="list-style-type: none"> No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected Face coverings 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 ill with Flu-like or COVID-like symptoms, Stay at Home Minimize contact with symptomatic people Daily temperature checks at work 	<ul style="list-style-type: none"> Monitor for COVID-like symptoms
Disinfecting	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	<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"> 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 	

COVID Green: Low Risk of COVID-19 Spread

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> No distancing, resumption of normal work and community life Resume normal travel with considerations of COVID activity in destinations 	<ul style="list-style-type: none"> No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected Self-isolation of symptomatic persons
Face Covering	<ul style="list-style-type: none"> No face coverings for healthy people Face coverings for symptomatic people 	<ul style="list-style-type: none"> No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected Face coverings 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 ill with Flu-like or COVID-like symptoms, Stay at Home Minimize contact with symptomatic people 	<ul style="list-style-type: none"> Be aware of COVID-like symptoms Contact medical care provider if you have COVID-like symptoms
Disinfecting	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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	<p>For those over age 65 people with underlying health conditions, and other populations at heightened risk from COVID-19</p> <ul style="list-style-type: none"> 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 	