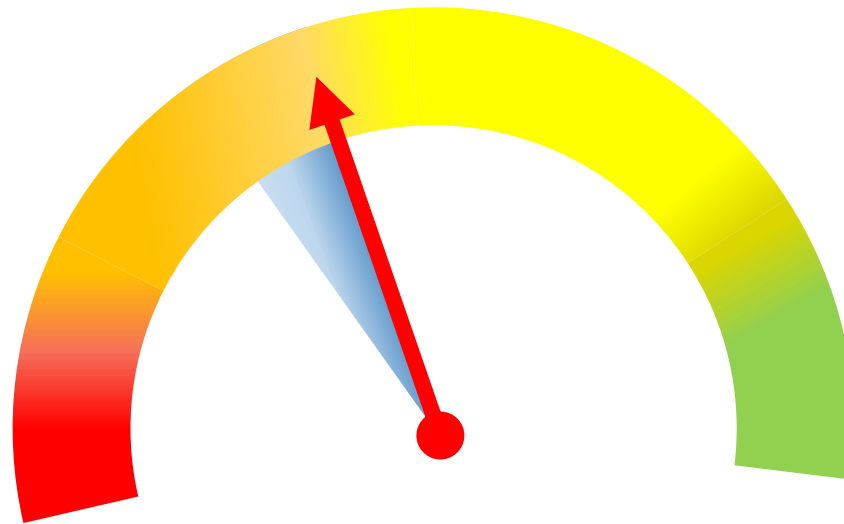


# COVID RISK DIAL & COMMUNITY GUIDANCE

Version 7.23.2020



**Public Health**  
*Solutions*

## COVID RED: Severe COVID-19 Pandemic Outbreak

- Widespread community or regional transmission of COVID
- There is a significant increase in COVID positive cases OR percent positive cases which may potentially overwhelm the local healthcare system
- There is a significant increase in Flu-Like Symptoms and COVID-like syndromic cases which may potentially overwhelm the local healthcare system
- Hospitals are utilizing Surge Capacity
- There is an inadequate testing capacity for critical workers
- There is inadequate capacity to conduct investigation and contact tracing
- There are shortages of critical medical equipment or testing supplies
- There are PPE shortages impacting critical workers

General Public	Outside the Home – Work, Social, in Public	At Home
Physical Distancing	<ul style="list-style-type: none"> <li>• <b>Stay at home</b> unless essential personnel traveling for work, or general public acquiring medical care or food</li> <li>• Distance at least 6 feet from anyone outside the home</li> <li>• Work from home</li> <li>• No contact with others</li> </ul>	<ul style="list-style-type: none"> <li>• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Self-isolation of symptomatic persons</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>• Face coverings when outside of the home and near others</li> </ul>	<ul style="list-style-type: none"> <li>• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>• Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>• If ill with Flu-like or COVID-like symptoms, <b>Stay at Home</b> even for essential personnel</li> <li>• Minimize contact with symptomatic people</li> <li>• Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>• Daily temperature check</li> <li>• Continuously monitor for COVID-19 symptoms</li> <li>• Self-isolation of symptomatic persons</li> <li>• Contact healthcare provider if sick</li> <li>• Monitor the health of anyone in your home with COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
<b>At-Risk or Vulnerable Population</b>	<p><b>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19</b></p> <ul style="list-style-type: none"> <li>• <b>Stay home</b></li> <li>• <b>Rely on help for needs outside the home (groceries, medications, etc.)</b></li> <li>• <b>Distance from those working outside of the home</b></li> </ul>	

## COVID ORANGE: Elevated COVID-19 Spread Risk

- There are increasing or high stable numbers of COVID positive cases OR percent positive cases due to community or regional spread
- There is an increase in Flu-Like Symptoms OR COVID like syndromic cases in the PHS District or regionally
- Clusters or outbreaks exist that are still likely in their early stages
- There is only enough testing available for symptomatic people
- PHS must rely on assistance to conduct investigation for new cases and associated and contact tracing OR PHS must assist adjacent jurisdictions to conduct investigation and contact tracing
- PPE supplies are only adequate for critical workers
- Critical medical equipment is in limited supply

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> <li>• <b>Stay at home</b> unless traveling for work, medical care, or food</li> <li>• Distance at least 6 feet from anyone outside the home</li> <li>• Work from home if possible</li> <li>• Individual outdoor activities such as walking, biking, etc. are acceptable</li> <li>• Smallest number of contacts feasible</li> <li>• Gatherings only with modifications for COVID-19</li> <li>• Events only as guided by PHS</li> </ul>	<ul style="list-style-type: none"> <li>• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Self-isolation of symptomatic persons</li> <li>• Outdoor activities with members of your household are acceptable</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>• Face coverings strongly recommended for anyone over 2 years old</li> </ul>	<ul style="list-style-type: none"> <li>• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>• Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>• If sick with Flu-like or COVID-like symptoms, <b>Stay at Home</b></li> <li>• Minimize contact with symptomatic people</li> <li>• Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>• Daily temperature checks</li> <li>• Monitor for COVID-like symptoms</li> <li>• Contact healthcare provider if sick</li> <li>• Monitor the health of anyone in your home with COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
<b>At-Risk or Vulnerable Population</b>	<p><b>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19</b></p> <ul style="list-style-type: none"> <li>• <b>Stay home</b></li> <li>• <b>Rely on help for needs outside the home (groceries, medications, etc.)</b></li> <li>• <b>Distance from those working outside of the home</b></li> </ul>	

## COVID Yellow: Moderate Risk of COVID-19 Spread

- There is a downward trajectory in numbers of COVID positive cases OR percent positive cases due to community or regional spread
- There is a downward trajectory in levels of Flu-Like Symptoms OR COVID like syndromic cases in PHS District or regionally
- There is limited community spread within PHS District or regionally
- COVID has a small impact on the local healthcare system capacity
- PPE supplies are adequate for critical workers and community needs
- Rapid COVID testing is available for all suspected cases and focused asymptomatic surveillance.
- PHS is able to conduct investigation and contact tracing for new cases and associated contacts without assistance

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> <li>• Consider staying at home most of the time, with caution for non-essential travel and work</li> <li>• Distance at least 6 feet from anyone outside the home</li> <li>• Work from home if possible</li> <li>• Individual outdoor activities such as walking, biking, etc. are acceptable</li> <li>• Cautious expansion of interactions with others, outdoor activities preferred</li> <li>• Gatherings only with modifications for COVID-19</li> <li>• Events only as guided by PHS</li> </ul>	<ul style="list-style-type: none"> <li>• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Self-isolation of symptomatic persons</li> <li>• Outdoor activities with distancing are acceptable.</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>• Face coverings suggested when unable to distance</li> <li>• Face coverings for symptomatic people</li> </ul>	<ul style="list-style-type: none"> <li>• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>• Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>• If ill with Flu-like or COVID-like symptoms, <b>Stay at Home</b></li> <li>• Minimize contact with symptomatic people</li> <li>• Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor for COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
<b>At-Risk or Vulnerable Population</b>	<p><b>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19</b></p> <ul style="list-style-type: none"> <li>• <b>Stay home</b></li> <li>• <b>Rely on help for needs outside the home (groceries, medications, etc.)</b></li> <li>• <b>Distance from those working outside of the home</b></li> </ul>	

## COVID Green: Low Risk of COVID-19 Spread

- Minimal cases of COVID-19 within the community.
- COVID-19 has minimal impact on local healthcare system
- Viral and antibody testing is readily available
- There are effective treatment modalities for COVID-19 and an effective vaccine is widely available
- PPE is easily obtainable through standard supply chains

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> <li>• No distancing, resumption of normal work and community life</li> <li>• Resume normal travel with considerations of COVID activity in destinations</li> </ul>	<ul style="list-style-type: none"> <li>• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Self-isolation of symptomatic persons</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>• No face coverings for healthy people</li> <li>• Face coverings for symptomatic people</li> </ul>	<ul style="list-style-type: none"> <li>• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>• Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>• If ill with Flu-like or COVID-like symptoms, <b>Stay at Home</b></li> <li>• Minimize contact with symptomatic people</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of COVID-like symptoms</li> <li>• Contact medical care provider if you have COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>• Increased awareness of germ transmission through high contact surfaces</li> <li>• Incorporation of COVID-19 disinfection practices for high touch surfaces</li> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Normal disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>• Increased awareness of germ transmission through high contact surfaces</li> <li>• Normal disinfection practices, with consideration for high contact surfaces (door/other handles, light switches, bathrooms)</li> </ul>
<b>At-Risk or Vulnerable Population</b>	<p><b>For those over age 65, people with underlying health conditions, and other populations at heightened risk from COVID-19</b></p> <ul style="list-style-type: none"> <li>• <b>You do not have to stay home at all times, but should continue physical distancing when possible in public settings.</b></li> <li>• <b>Cautious expansion of interactions with others, reengage in small social settings, outdoor activities preferred</b></li> <li>• <b>Avoid large group settings and events with many people</b></li> </ul>	