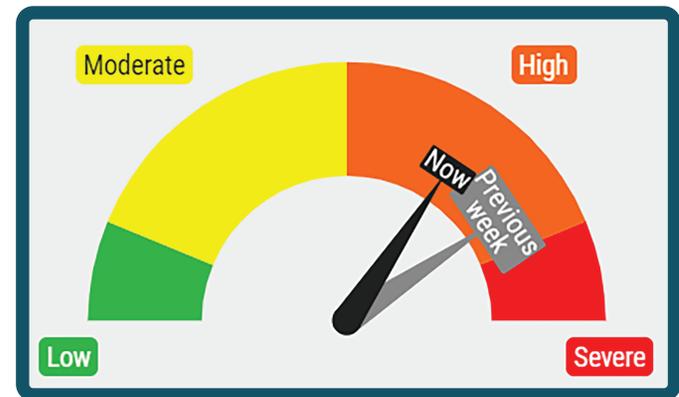


COVID-19 Risk Dial & Community Guidance

COVID19.lincoln.ne.gov



The purpose of the Lancaster County COVID-19 Risk Dial is to provide context for where Lincoln and Lancaster County is in the pandemic. Along with Risk Dial, guidance is provided to inform the public of the current level of risk from COVID-19 and actions to take to protect themselves, their families and the health of everyone in our community.

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 contacts (orange); stay vigilant (yellow); and resume normal contacts (green).

Red - Stay Home

Red signifies a severe and uncontrolled level of COVID-19 in Lancaster County, meaning outbreaks are present and worsening and testing and contact tracing capacity is strained or exceeded. At this level, residents take action to minimize contacts with others wherever possible and avoid leaving home except for the most essential needs like going to the grocery store for food and medicine.

Orange - 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, but testing and contact tracing capacity is likely sufficient to meet demand. At this level, residents should minimize contact with others, avoiding any medium or large gatherings and only visiting permissible businesses that follow public health guidance, including face coverings and 6 feet of distance.

Yellow - Stay Vigilant

Yellow signifies a moderate, but controlled level of COVID-19 in Lincoln and Lancaster County, meaning a demonstrated reduction in transmission and the local healthcare system is within capacity. Residents should remain vigilant but can resume more interaction with others using face coverings and 6 feet of distance.

Green - 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 or a vaccine and/or treatment has been developed and widely deployed. 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, 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 • Individual outdoor activities such as walking, biking, etc. are acceptable • 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 • Quarantine and testing of symptomatic persons • No gatherings with non-household members |
| Face Masks | <ul style="list-style-type: none"> • Face masks when outside of the home and near others | <ul style="list-style-type: none"> • 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 | <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 older adults, 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 • Wear a face mask around others | |

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"> • 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 | <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 • 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 | <ul style="list-style-type: none"> • Face masks for anyone over 2 years old, when indoors or when physical distancing of greater than 6 feet is not possible. | <ul style="list-style-type: none"> • 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 | <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 older adults, 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 • Wear a face mask around others | |

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"> • 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 | <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 • Quarantine and testing of symptomatic persons • Outdoor activities with distancing are acceptable. |
| Face Masks | <ul style="list-style-type: none"> • Face masks for anyone over 2 years old, when indoors or when physical distancing of greater than 6 feet is not possible. | <ul style="list-style-type: none"> • 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 | <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 older adults, 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 • Wear a face mask around others | |

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 Follow CDC Travel Guidelines | <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 Quarantine and testing of symptomatic persons |
| Face Masks | <ul style="list-style-type: none"> No face masks for healthy people | <ul style="list-style-type: none"> 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 | <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 older adults, 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 Wear a face mask around others | |