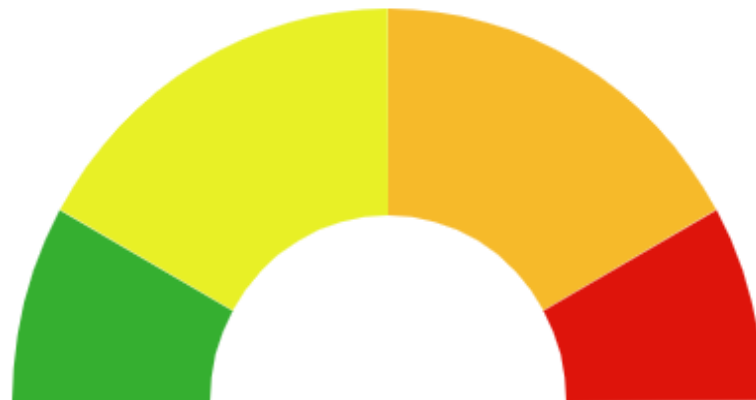

COVID-19 RISK DIAL & COMMUNITY GUIDANCE



● Low ● Moderate ● High ● Severe



Northeast Nebraska Public Health Department

Serving Cedar, Dixon, Thurston and Wayne Counties

www.nnpd.org 402-375-2200 or 800-375-2260

Adapted from Lincoln Lancaster County Health Department

08.19.2020

COVID RED: Severe COVID-19 Pandemic Outbreak – these are the data points that inform the dial color:

- Widespread community or regional spread of COVID
- There is a large increase in confirmed COVID positive cases OR percent positive cases which may possibly overwhelm the local and/or regional healthcare system
- There is a large increase in Flu-like and COVID-like cases which may possibly overwhelm the local and/or regional healthcare system
- Hospitals are needing or are close to needing additional capacity
- There is not enough testing capacity for health care workers
- There is not enough capacity to conduct investigation and contact tracing
- There are shortages of testing supplies or critical medical equipment needed to treat COVID-19
- There are personal protective equipment (PPE) shortages impacting health care workers

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 securing medical care or food • Distance at least 6 feet from anyone outside the home • Work from home if possible • No non-essential activities outside the home 	<ul style="list-style-type: none"> • No distancing for people without symptoms, unless they are under quarantine because of being exposed to someone who is infected • Self-isolation for people with symptoms
Face Covering	<ul style="list-style-type: none"> • Face coverings for anyone over 2 years old when outside of the home and near others • Keep children under age 2 at home unless it is essential 	<ul style="list-style-type: none"> • No face coverings for people without symptoms and who have not been exposed to someone positive for COVID • Face coverings for those under quarantine as a result of being exposed to someone who is positive for COVID, especially if they must be in common areas of the home or in the presence of other people. • Face coverings for people with symptoms
Hand Washing	<ul style="list-style-type: none"> • Wash hands often for at least 20 seconds, especially after touching high-touch surfaces, sneezing/coughing/touching face, or before eating • Use hand sanitizer when handwashing is not possible 	<ul style="list-style-type: none"> • Wash hands for at least 20 seconds, especially after touching high-touch 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 • Keep contact with people who have symptoms to a minimum • Daily symptom checks at work 	<ul style="list-style-type: none"> • Be aware of COVID-like symptoms • Contact health care provider if you have COVID-like symptoms • Monitor the health of anyone in your home with COVID-like symptoms • Self-isolation for anyone with symptoms of COVID
Disinfecting	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces (surfaces that are touched by many people) • Use increased cleaning and disinfecting 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 cannot be avoided • Wash hands or apply sanitizer after touching high-touch surfaces • Increased disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures) 	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces • Increased disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	For those over age 65, people with underlying health conditions, and other people who are at increased risk for severe illness from COVID-19 <ul style="list-style-type: none"> • Stay home and Rely on help from others for needs outside the home (groceries, medications, etc.) • Distance from those working outside of the home 	

COVID ORANGE: Elevated COVID-19 Spread Risk – these are the data points that inform the dial color:

- There are increasing or constant high numbers of confirmed COVID positive cases OR percent positive cases due to community or regional spread
- There is an increase in Flu-like OR COVID-like cases in NNPHD Health District or in the region
- Several cases from the same contact are present in the community and it is likely there will be more
- There is only enough testing available for people who have symptoms
- Investigation and contact tracing for new cases in the NNPHD Health District cannot be completed within 24 hours of report of positive test and NNPHD can no longer follow up with everyone on quarantine or isolation
- Personal Protective Equipment (PPE) supplies are limited for health care workers
- There are shortages of critical medical supplies needed to treat COVID-19

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 ok • Limit number of contacts to the smallest number possible • No large gatherings or events, no more than 8 people to a group 	<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 for people with symptoms • Outdoor activities with distancing are acceptable.
Face Covering	<ul style="list-style-type: none"> • Face coverings strongly recommended for anyone over 2 years old • Face coverings for people who have symptoms 	<ul style="list-style-type: none"> • No face coverings for people without symptoms and who have not been exposed to someone positive for COVID • Face coverings for those under quarantine as a result of being exposed to someone who is positive for COVID, especially if they must be in common areas of the home or in the presence of other people. • Face coverings for people with symptoms
Hand Washing	<ul style="list-style-type: none"> • Wash hands often for at least 20 seconds, especially after touching high-touch surfaces, sneezing/coughing/touching face, or before eating • Use hand sanitizer when handwashing is not possible 	<ul style="list-style-type: none"> • Wash hands for at least 20 seconds, especially after touching high-touch 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 • Keep contact with people who have symptoms to a minimum • Daily symptom checks at work 	<ul style="list-style-type: none"> • Be aware of COVID-like symptoms • Contact health care provider if you have COVID-like symptoms • Monitor the health of anyone in your home with COVID-like symptoms • Self-isolation for anyone with symptoms of COVID
Disinfecting	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces (surfaces that are touched by many people) • Use increased cleaning and disinfecting 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 cannot be avoided • Wash hands or apply sanitizer after touching high-touch surfaces • Increased disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures) 	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces • Increased disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	<p>For those over age 65, people with underlying health conditions, and other people who are at increased risk for severe illness from COVID-19</p> <ul style="list-style-type: none"> • Stay home and Rely on help from others for needs outside the home (groceries, medications, etc.) • Distance from those working outside of the home 	

COVID Yellow: Moderate Risk of COVID-19 Spread – these are the data points that inform the dial color:

- There is a downward movement in numbers of confirmed COVID-19 positive cases OR percent positive cases due to community or regional spread
- There is a downward movement in levels of Flu-Like Symptoms OR COVID-like cases in NNPHD Health District or in the region
- There is limited community spread within NNPHD Health District or in the region
- COVID-19 has a small impact on the local and regional healthcare system ability to provide services
- There are enough Personal Protective Equipment (PPE) supplies for health care workers and community needs
- COVID testing is available for all suspected cases and for testing of those who do not have symptoms but need testing
- Investigation and contact tracing for new cases in the NNPHD Health District is not able to be completed within 24 hours of report of positive test
- Critical medical supplies needed to treat COVID-19 is readily available

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, use caution for non-essential travel and work • Distance at least 6 feet from anyone from outside your home • Work from home if possible • Individual outdoor activities such as walking, biking, etc. are ok • Limit increased interactions with others outside your home, outdoor activities preferred • Gatherings only with changes for COVID-19 • Events only as guided by NNPHD 	<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 for people with symptoms • Outdoor activities with distancing are acceptable.
Face Covering	<ul style="list-style-type: none"> • Face coverings recommended when unable to distance • Face coverings for symptomatic people 	<ul style="list-style-type: none"> • No face coverings for people without symptoms and who have not been exposed to someone positive for COVID • Face coverings for those under quarantine as a result of being exposed to someone who is positive for COVID, especially if they must be in common areas of the home or in the presence of other people. • Face coverings for people with symptoms
Hand Washing	<ul style="list-style-type: none"> • Wash hands often for at least 20 seconds, especially after touching high-touch surfaces, sneezing/coughing/touching face, or before eating • Use hand sanitizer when handwashing is not possible 	<ul style="list-style-type: none"> • Wash hands for at least 20 seconds, especially after touching high-touch 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 • Keep contact with people who have symptoms to a minimum • Daily symptom checks at work 	<ul style="list-style-type: none"> • Be aware of COVID-like symptoms • Contact health care provider if you have COVID-like symptoms • Monitor the health of anyone in your home with COVID-like symptoms • Self-isolation for anyone with symptoms of COVID
Disinfecting	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces (surfaces that are touched by many people) • Use increased cleaning and disinfecting 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 cannot be avoided • Wash hands or apply sanitizer after touching high-touch surfaces • Increased disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures) 	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces • Increased disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures)
At-Risk or Vulnerable Population	For those over age 65, people with underlying health conditions, and other people who have increased risk for severe illness from COVID-19 <ul style="list-style-type: none"> • Stay home and Rely on help from others for needs outside the home (groceries, medications, etc.) • Distance from those working outside of the home 	

COVID Green: Low Risk of COVID-19 Spread – these are the data points that inform the dial color:

- Very few cases of COVID-19 in the community
- COVID-19 has minimal impact on local and regional healthcare system
- Testing is very available
- There are effective treatments available for COVID-19
- Personal Protective Equipment (PPE) is easy to get through regular supply chains

General Public	Outside the Home – Work, Social, In Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • No distancing, normal work and community life • Normal travel, monitor level of COVID-19 activity in planned 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 for people with symptoms
Face Covering	<ul style="list-style-type: none"> • No face coverings for healthy people • Face coverings for people with symptoms 	<ul style="list-style-type: none"> • No face coverings for people without symptoms and who have not been exposed to someone positive for COVID • Face coverings for those under quarantine as a result of being exposed to someone who is positive for COVID, especially if they must be in common areas of the home or in the presence of other people. • Face coverings for people with symptoms
Hand Washing	<ul style="list-style-type: none"> • Wash hands often for at least 20 seconds, especially after touching high-touch surfaces, sneezing/coughing/touching face, or before eating • Use hand sanitizer when handwashing is not possible 	<ul style="list-style-type: none"> • Wash hands for at least 20 seconds, especially after touching high-touch 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 • Keep contact with people who have symptoms to a minimum 	<ul style="list-style-type: none"> • Be aware of COVID-like symptoms • Contact health care provider if you have COVID-like symptoms • Monitor the health of anyone in your home with COVID-like symptoms • Self-isolation for anyone with symptoms of COVID
Disinfecting	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces (surfaces that are touched by many people) • Use increased cleaning and disinfecting 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 cannot be avoided • Wash hands or apply sanitizer after touching high-touch surfaces • Normal cleaning and disinfection, especially for high-touch surfaces (door/other handles, light switches, bathroom fixtures) 	<ul style="list-style-type: none"> • Be very aware of how germs can spread on high-touch surfaces • Normal cleaning and disinfection, especially for high-touch surfaces (door/other handles, light switches, bathrooms)
At-Risk or Vulnerable Population	For those over age 65, people with underlying health conditions, and other populations at heightened risk of severe illness from COVID-19 <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 increase in interactions with others, re-engage in small social settings, outdoor activities preferred • Avoid large group settings and events which would have many people in attendance 	