COVID RISK DIAL & COMMUNITY GUIDANCE

Moderate Risk of COVID-19 Spread

This COVID-19 Risk Dial provides a summary of current conditions for Panhandle Public Health District Jurisdiction. Each color incorporates federal and national guidance published by top public health experts and is coupled with specific guidance.

This is only guidance and does not replace federal, state, or local directed health measures. At-risk and vulnerable populations should take stringent precautions.

Updated Tuesday, June 30

Guidance and Recommendations
## COVID RED: Severe Risk of COVID-19 Spread

### Physical Distancing
- **General Public**
  - 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

- **Outside the Home – Work, Social, in Public**
  - 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

- **At Home**
  - 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
- **General Public**
  - Face coverings when outside of the home and near others

- **Outside the Home – Work, Social, in Public**
  - 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

- **At Home**
  - 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
- **General Public**
  - Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/-touching face, or before eating

- **Outside the Home – Work, Social, in Public**
  - Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/ touching face, or before eating

- **At Home**
  - Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/ touching face, or before eating

### Illness Monitoring
- **General Public**
  - 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

- **Outside the Home – Work, Social, in Public**
  - 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

- **At Home**
  - 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
- **General Public**
  - 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)

- **Outside the Home – Work, Social, in Public**
  - 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 Home**
  - 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 adults over age 65, 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
<table>
<thead>
<tr>
<th>General Public</th>
<th>Outside the Home – Work, Social, In Public</th>
<th>At Home</th>
</tr>
</thead>
</table>
| **Physical Distancing** | • **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 | • 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** | • Face coverings strongly recommended for anyone over 2 years old | • 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** | • 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 adults over age 65, 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 | |
## COVID Yellow: Moderate Risk of COVID-19 Spread

<table>
<thead>
<tr>
<th>General Public</th>
<th>Outside the Home – Work, Social, In Public</th>
<th>At Home</th>
</tr>
</thead>
</table>
| **Physical Distancing** | • 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 PPHD | • 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** | • Face coverings suggested when unable to distance  
• Face coverings for symptomatic people | • 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** | • 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 adults over age 65, 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 | |
## COVID Green: Low Risk of COVID-19 Spread

<table>
<thead>
<tr>
<th>General Public</th>
<th>Outside the Home – Work, Social, In Public</th>
<th>At Home</th>
</tr>
</thead>
</table>
| **Physical Distancing** | • No distancing, resumption of normal work and community life  
• Resume normal travel with considerations of COVID activity in destinations | • 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** | • No face coverings for healthy people  
• Face coverings for symptomatic people | • 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** | • 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 those over age 65 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