How does the risk dial work?

Local health departments across the state of Nebraska have adopted a standard procedure to assess the risk of COVID-19 transmission.

The risk level takes the following into consideration:

- **Overall positivity rate**, the total number of confirmed (positive) cases, as a percentage of the total number of tests completed.
  - This is calculated at the regional and county level.

- **Weekly positivity rate**, the number of confirmed (positive) cases in a week, as a percentage of the total number of tests completed within that week.
  - This is calculated at the regional level.

- **Trajectory of cases in past 14 days**, the increase or decrease in the number of confirmed cases.
  - This is calculated at the regional level.

- **Adult ICU bed availability.** the percentage of Adult Intensive Care Unit beds available, out of the total number of staffed Adult Intensive Care Unit beds in the region.
  - This is calculated at the regional level.

- **Ventilator availability**, the percentage of ventilators available, out of the total number of ventilators in the region.
  - This is calculated at the regional level.

- **Identifying community clusters**, the proportion of confirmed cases that can be identified as an exposure type of close contact.
  - This is calculated at the regional, county, and community level.

- **Testing availability**, the ability to obtain testing.
  - This is calculated at the regional level.

- **Ability to contact trace in 24 hours**, the ability to complete contact tracing of a confirmed case in 24 hours.
  - This is calculated at the regional level.

The Risk Dial represents the region, the County Risk Map represents the county level, and the Community Risk Map represents the community level.

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Risk level is based on the past 3 weeks worth of data. It represents the current status; it is not a forecast for the future. The risk level is assessed and updated each week.
<table>
<thead>
<tr>
<th>General Public</th>
<th>Outside the Home – Work, Social, in Public</th>
<th>At Home</th>
</tr>
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</table>
| **Physical Distancing** | • **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 | • 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** | • Face coverings when outside of the home and near others | • 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** even for essential personnel  
• Minimize contact with symptomatic people  
• Daily temperature checks at work | • 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** | • 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) | • 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 | |
### COVID ORANGE: High Risk of COVID-19 Spread

<table>
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| **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  
• 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 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**
<table>
<thead>
<tr>
<th>Physical Distancing</th>
<th>Outside the Home – Work, Social, In Public</th>
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<tbody>
<tr>
<td>Consider staying at home most of the time, with caution for non-essential travel and work</td>
<td>At work stay 6-foot apart and wear a mask when you cannot.</td>
<td>No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</td>
</tr>
<tr>
<td>Distance at least 6 feet from anyone outside the home</td>
<td>Individual outdoor activities such as walking, biking, etc. are acceptable</td>
<td>Self-isolation of symptomatic persons</td>
</tr>
<tr>
<td>Cautious expansion of interactions with others, outdoor activities preferred</td>
<td>Gatherings only with modifications for COVID-19</td>
<td>Outdoor activities with distancing are acceptable.</td>
</tr>
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<td>Events only as guided by PPHD</td>
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<tr>
<th>Face Covering</th>
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<tbody>
<tr>
<td>Face coverings suggested when unable to distance</td>
<td>Face coverings for symptomatic people</td>
<td>No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</td>
</tr>
<tr>
<td>Face coverings for symptomatic people</td>
<td></td>
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<td>Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</td>
<td>Use hand sanitizer when handwashing is inaccessible or infeasible</td>
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<th>Outside the Home – Work, Social, In Public</th>
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<tbody>
<tr>
<td>If ill with Flu-like or COVID-like symptoms, <strong>Stay at Home</strong></td>
<td>Minimize contact with symptomatic people</td>
<td>Monitor for COVID-like symptoms</td>
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<tr>
<td>Daily temperature checks at work</td>
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<th>Disinfecting</th>
<th>Outside the Home – Work, Social, In Public</th>
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<tbody>
<tr>
<td>Avoid bare hand contact with any high touch surface</td>
<td>Use barrier such as paper towel or clothing when bare hand contact is unavoidable</td>
<td>Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</td>
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<td>Use barrier such as paper towel or clothing when bare hand contact is unavoidable</td>
<td>Wash hands or apply sanitizer after touching high contact surfaces</td>
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<td>For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19:</td>
<td></td>
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<td>Stay home as much as possible</td>
<td>Rely on help for needs outside the home (groceries, medications, etc.)</td>
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<tr>
<td>Distance from those working outside of the home</td>
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### COVID Green: Low Risk of COVID-19 Spread

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<th>General Public</th>
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| **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