

How does the risk dial work?

Local health departments across the state of Nebraska have been working to adapt the functionality of the risk dial to assess the risk of COVID-19 transmission. Based on recent updated guidance our factors have been updated.

The risk level takes the following into consideration:

- **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.
- **Average daily case rate**, the average number of cases in the past week per 100,000 people.
 - This is calculated at the regional, county, and community level.
- **Med/Surge Beds occupied by COVID patients**, the percentage of COVID 19 patients in a hospital bed, out of the total number of Med/Surge beds in the region.
 - This is calculated at the regional level.
- **Community spread**, the proportion of confirmed cases that are identified as an exposure type of community spread.
 - This is calculated at the regional, county, and community level.
- **Testing turn around time**, the ability to receive test results in a timely manner.
 - 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.
- **Vaccinations**, the percentage of the eligible population that is vaccinated.
 - This is calculated at the regional and county level.
- **Deaths**, the number of deaths in the past week.
 - 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.

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.

WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

FULLY VACCINATED PEOPLE CAN:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people (including children) from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Participate in outdoor activities and recreation without a mask, except in certain crowded settings and venues
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel.
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States.
- Refrain from routine screening testing and testing following a known exposure, if asymptomatic, with some exceptions for specific settings
- Refrain from quarantine following a known exposure if asymptomatic

FOR NOW, FULLY VACCINATED PEOPLE SHOULD CONTINUE TO:

- Take precautions in indoor public settings like wearing a well-fitted mask
- Wear masks that fit snugly when visiting indoors with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear well-fitted masks when visiting indoors with unvaccinated people from multiple households
- Avoid indoor large-sized in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

Not Vaccinated? Schedule your vaccine today www.pphd.org

COVID RED: Severe Risk of COVID-19 Spread

General Public	Outside the Home – Work, School, Social, in Public	At Home
Physical Distancing	<ul style="list-style-type: none"> • Stay at home unless traveling for work, school, medical care or food • Individual outdoor activities such as walking, biking, etc. are acceptable • Distance at least 6 feet from <u>anyone outside the home</u> • Work from home if you can't social distance or wear a mask • No contact with others <i>outside of those that live in your home</i> 	<ul style="list-style-type: none"> • No gatherings with non-household members • If someone in your home is sick with COVID-like or Flu-like symptoms they should get tested and stay away (isolate) from other household members. Everyone in the household should wear a mask and keep a minimum of 6 feet of distance
Face Masks Should cover the nose and mouth	<ul style="list-style-type: none"> • Always wear a face mask when outside of the home and near (within 6 feet) others in ALL situations indoors and outdoors 	<ul style="list-style-type: none"> • Require face masks for anyone to enter your home that is not part of your household • If someone in your home is sick with COVID-like or Flu-like symptoms they should get tested, everyone should wear a face mask and keep 6 feet of distance if possible • No face masks for people who live in home if they are not sick with COVID-like or Flu-like symptoms, unless they are under quarantine as a result of being exposed to someone who is infected
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, get tested, 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-like or Flu-like symptoms • If symptomatic, self-isolate, get tested and stay isolated unless you get a negative test • If symptoms become worse contact healthcare provider
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 • <i>Wear a face mask around others</i> 	

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 • Events only as guided by PPHD • 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 (strongly recommended) 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 • <i>Wear a face mask around others</i> 	

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 At work stay 6-foot apart and wear a mask when you cannot. 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 (strongly recommended) for anyone over 2 years old, when indoors or when physical distancing of greater than 6 feet is not possible. Face coverings for symptomatic 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 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	For older adults, anyone with underlying health conditions, and other populations at heightened risk from COVID-19: <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 <i>Wear a face mask around others</i> 	

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 <i>Wear a face mask around others</i> 	