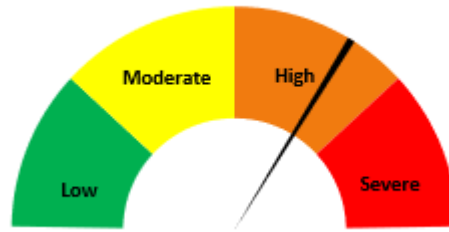


SWNPHD Dial Information  
October 21 to November 30, 2020



Limit travel and work from home when possible  
**STRONGLY RECOMMEND** wearing a mask in public and  
 washing hands often  
 High-risk and vulnerable individuals should avoid public places

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"> <li>• <b>Stay at home</b> unless traveling for work, medical care, or food</li> <li>• Distance at least 6 feet from anyone outside the home</li> <li>• Work from home if possible</li> <li>• Individual outdoor activities such as walking, biking, etc. are acceptable</li> <li>• Smallest number of contacts feasible</li> <li>• Gatherings only with modifications for COVID-19</li> <li>• Events only as guided by SWNPHD</li> </ul>	<ul style="list-style-type: none"> <li>• No distancing for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Self-isolation of symptomatic persons</li> <li>• Outdoor activities with members of your household are acceptable</li> </ul>
Face Covering	<ul style="list-style-type: none"> <li>• Face coverings strongly recommended for anyone over 2 years old</li> </ul>	<ul style="list-style-type: none"> <li>• No face coverings for people without symptoms, unless they are under quarantine as a result of being exposed to someone who is infected</li> <li>• Face coverings for symptomatic people</li> </ul>
Hand Washing	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> <li>• Use hand sanitizer when handwashing is inaccessible or infeasible</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently wash hands for at least 20 seconds, especially after touching high contact surfaces, sneezing/coughing/touching face, or before eating</li> </ul>
Illness Monitoring	<ul style="list-style-type: none"> <li>• If sick with Flu-like or COVID-like symptoms, <b>Stay at Home</b></li> <li>• Minimize contact with symptomatic people</li> <li>• Daily temperature checks at work</li> </ul>	<ul style="list-style-type: none"> <li>• Daily temperature checks</li> <li>• Monitor for COVID-like symptoms</li> <li>• Contact healthcare provider if sick</li> <li>• Monitor the health of anyone in your home with COVID-like symptoms</li> </ul>
Disinfecting	<ul style="list-style-type: none"> <li>• Avoid bare hand contact with any high touch surface</li> <li>• Use barrier such as paper towel or clothing when bare hand contact is unavoidable</li> <li>• Wash hands or apply sanitizer after touching high contact surfaces</li> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>	<ul style="list-style-type: none"> <li>• Enhanced disinfection, especially for high contact surfaces (door/other handles, light switches, bathroom fixtures)</li> </ul>
At-Risk or Vulnerable Population	For adults over age 65, anyone with underlying health conditions, and other populations at heightened risk from COVID-19: <ul style="list-style-type: none"> <li>• Stay home as much as possible</li> <li>• Rely on help for needs outside the home (groceries, medications, etc.)</li> <li>• Distance from those working outside of the home</li> </ul>	