

# COVID-19: REDUCE YOUR RISK



We know it's important to spend time with your loved ones. Because this is a congregate setting or a vulnerable population and we are in the height of respiratory illnesses being spread in our community, please consider these different options below outlining safest to riskiest activities.

		Low	Medium	High
<b>Face Masks</b>		Everyone is wearing a high quality mask	Some wearing masks	None wearing masks
<b>Physical Distance</b>		Reducing movement and contact between different parts of facility and community.	Staying under 6 feet from others	Standing face to face, hugging, shaking hands
<b>Droplet Spread</b>		Breathing normally	Shouting, yelling or singing	Coughing or sneezing
<b>Ventilation</b>		Outdoors in an open space when possible	Gathering in large, indoor rooms with good air flow	Small, indoor rooms with poor air flow
<b>Eating around others</b>		Eating in a room away from others	Eating in a shared space but socially distanced from others	Eating in a shared space without socially distancing
<b>Groups, interactions and visitation</b>		Avoiding social contact with those who are at high risk of getting sick	Gathering in groups over 10 people while masked	Gathering in large groups without masking

**ALWAYS REMEMBER**



Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol.



**Visitors and staff:** Stay home if you have any symptoms.  
**Residents:** Stay away from others if you have symptoms.



Stay up to date on COVID-19 vaccines and boosters.



**HEALTH**  
Department