

# Alabama's Low Risk Phase

## What does it mean and what can you do?

ALABAMA  
PUBLIC  
HEALTH

### LOW RISK

The Alabama Department of Public Health has developed a color-coded dial to help people reduce risks posed by COVID-19. The department sets risk levels – very high, high, moderate, or low – based on a measurement system that shows the extent of the COVID-19 problem in a region, county, city, or community. People living in a place in the green phase should follow the general guidelines below to help keep their area in the low risk phase.

High-risk people operate under stricter instructions because they are more likely to suffer severe illness from COVID-19. People at high risk of serious illness from COVID-19 include people 65 or older and people with heart disease, diabetes, other chronic diseases, or weakened immune systems.



### GENERAL GUIDELINES



Maintain social distancing in public settings.



Wear face coverings when social distancing is difficult to maintain.



Continue social distancing at work. Wear face coverings at work when social distancing is not possible.



Large gatherings and venues allowed with increased hygiene measures, physical distancing, face coverings, and symptom monitoring.



Check yourself for fever, coughing, or other symptoms of COVID-19 before team sports or practices.



Stay home if you're sick.



Wash hands often for 20 seconds.



Places of worship are encouraged to consider social distancing, hygiene measures, and face coverings.

### HIGH-RISK PEOPLE:

- ✓ Avoid people showing signs of sickness, such as a fever.
- ✓ Be especially careful to stay at least six feet from people outside your household.
- ✓ Use face coverings when around people outside your household, and ask visitors to do the same.
- ✓ Avoid crowds when at all possible, especially where people aren't staying six feet apart from each other.
- ✓ Don't take unneeded trips.

### CHILDREN:

- ✓ Hygiene measures, physical distancing, face coverings, and symptom monitoring are encouraged for all group gatherings.

The current state health order and additional COVID-19 information can be found here: [alabamapublichealth.gov/covid19](https://alabamapublichealth.gov/covid19)