

Alabama's High Risk Phase

What does it mean and what can you do?

ALABAMA
PUBLIC
HEALTH

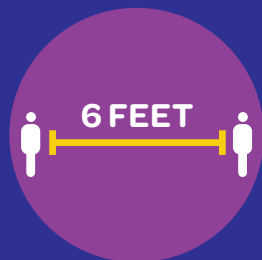
HIGH RISK

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 orange phase should follow the general guidelines below to help move their area from the high risk to the moderate risk phase.

In every 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. Work from home when possible.



Avoid groups of more than 20 people.



Limit out-of-state travel.



Takeout, pickup or delivery from restaurants is encouraged rather than dining in.



Maintain social distancing during outdoor recreation.



Hold on-line worship services if possible. When meeting in person, keep six-foot distances between people of different households; consider holding more services for lower attendance, and more spacing between people, at each service.

HIGH-RISK PEOPLE:

- ✓ Always wear face coverings in public.
- ✓ Don't take non-essential trips. If working from home is not possible, travel for work only, if possible.
- ✓ Limit visits with friends, or family outside your household, if there is no urgent need.
- ✓ Limit in-person meetings, if possible, with people outside your household, especially other people at high risk of serious illness from COVID-19.
- ✓ Avoid groups of any size, if possible, with people outside of your household.
- ✓ Avoid unnecessary visits to hospitals, nursing homes, or other residential care facilities.

CHILDREN:

- ✓ Keep children away from in-person playdates or similar activities outside of the school setting that can be avoided.
- ✓ Do not allow children on public playgrounds.

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