

# Alabama's Moderate Risk Phase

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

ALABAMA  
PUBLIC  
HEALTH

### MODERATE 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 yellow phase should follow the general guidelines below to help move their area from the moderate risk to 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. Work from home when possible.



Avoid groups of more than 50 people.



Remember to keep six-foot distances from people outside your household in theaters and other entertainment venues.



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



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:

- ✓ Wear face coverings where social distancing is hard to maintain.
- ✓ Don't take unneeded trips.
- ✓ Work from home, if possible. If not, maintain six-foot distances at work.
- ✓ When visiting friends or family, wear face coverings when within a 6-foot distance.
- ✓ 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 more than 20 people.
- ✓ Avoid unnecessary visits to hospitals, nursing homes, or other residential care facilities.

### CHILDREN:

- ✓ In public, children should keep a six-foot distance from others outside their household, for their health and the health of others.
- ✓ Children with fevers, coughing and other symptoms of COVID-19 should stay home from school or child care, and should be sent home from child care or schools if they show symptoms.
- ✓ Interaction between children at playgrounds and other public places should be limited, if possible.

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