

Alabama's Very High Risk Phase

What does it mean and what can you do?

ALABAMA
PUBLIC
HEALTH

VERY 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 red phase should follow the general guidelines below to help move their area from the very high risk to the high risk phase.

People at high risk of serious illness from COVID-19, including people 65 or older and people with heart disease, diabetes, other chronic diseases, or weakened immune systems, should exercise extreme caution and stay at home if at all possible. People who work or live with high-risk people should be especially careful to try to reduce their chances of getting the virus.



GENERAL GUIDELINES



Maintain social distancing in public settings.



Wear face coverings when social distancing is difficult to maintain.



Work at home, if possible. If not, keep a six-foot distance from others. Wear face coverings at work when such social distancing is not possible.



Avoid groups of more than 20 people.



Avoid all unnecessary travel. If you must travel, avoid crowded areas if possible.



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



Avoid unnecessary visits to hospitals, nursing homes, or other residential care facilities.



Even when visiting friends or family, wear face coverings when within six feet of people outside your household.



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.
- ✓ Stay at home if at all possible. Avoid non-essential travel.
- ✓ Avoid in-person visits with people outside your household, if possible.
- ✓ 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:

- ✓ Children with COVID-19 should stay home, or be sent home from child care or school if showing symptoms. Symptoms include cough, shortness of breath, fever, chills, muscle pain, and sore throat.
- ✓ Do not allow children on public playgrounds, and limit other public interaction between children.

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