

<u>Community Transmission Level</u>	<u>Low</u>	<u>Medium</u>	<u>High</u>
Masks	<ul style="list-style-type: none"> Wear a mask based on your personal preference, informed by your personal level of risk. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Wear a mask with the best fit, protection, and comfort for you. 	<ul style="list-style-type: none"> Consider wearing a mask if you are in a K-12 schools or health care facility If you live with or have social contact with someone at high risk for severe illness, consider testing yourself for infection before you get together and wearing a mask when indoors with them. N95 and KN95 masks offer the best protection to yourself and other. Avoid gaiter masks, masks with exhalation valves, vents, or with other openings. 	<ul style="list-style-type: none"> Wear a well-fitting mask indoors in public and on public transportation, regardless of vaccination status or individual risk (including in K-12 schools and other community settings) For additional information about types of masks please refer to the CDC website
Travel	<ul style="list-style-type: none"> Know the rules and regulations of your destination before you go. Check the CDC. Do not travel if you have COVID-19 symptoms, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you were exposed to COVID-19, wait a full 5 days after exposure and then get tested before you travel. If you develop symptoms or test positive, do not travel. If you were exposed to COVID-19, wear a well-fitting mask at all times while around other for 10 full days after exposure. If you cannot wear a mask, you should not travel. Delay travel to areas with a high level of community transmission. You can check domestic and 	<ul style="list-style-type: none"> Know the rules and regulations of your destination before you go. Check the CDC. Do not travel if you have COVID-19 symptoms, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you were exposed to COVID-19, wait a full 5 days after exposure and then get tested before to you travel. If you develop symptoms or test positive, do not travel. If you were exposed to COVID-19, wear a well-fitting mask at all times while around other for 10 full days after exposure. If you cannot wear a mask, you should delay travel to areas with a high level of community transmission. You can check domestic and international transmission levels on the CDCs website. 	<ul style="list-style-type: none"> Know the rules and regulations of your destination before you go. Check the CDC. Do not travel if you have COVID-19 symptoms, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you were exposed to COVID-19, wait a full 5 days after exposure and then get tested before to you travel. If you develop symptoms or test positive, do not travel. If you were exposed to COVID-19, wear a well-fitting mask at all times while around other for 10 full days after exposure. If you cannot wear a mask, you should delay travel to areas with a high level of community transmission. You can check domestic and international transmission levels on the CDCs website.

	<p>international transmission levels on the CDCs website.</p> <ul style="list-style-type: none"> If you are not up to date with you COVID-19 vaccines, test as close as possible to your departure date. 	<ul style="list-style-type: none"> If you are not up to date with you COVID-19 vaccines, test as close as possible to your departure date. 	<ul style="list-style-type: none"> If you are not up to date with you COVID-19 vaccines, test as close as possible to your departure date. Wear a mask. Delay travel if you are not vaccinated. If you are at high risk of getting very sick, consider avoiding non-essential travel. If you must travel wear a well-fitting, high quality face mask.
Social Gatherings	<ul style="list-style-type: none"> Improve air flow in indoor spaces by taking actions such as opening doors and windows. Stay home if you are sick or positive for COVID-19. 	<ul style="list-style-type: none"> Improve air flow in indoor spaces by taking actions such as opening doors and windows. Stay home if you are sick or positive for COVID-19. 	<ul style="list-style-type: none"> Improve air flow in indoor spaces by taking actions such as opening doors and windows. Stay home if you are sick. Get tested before events. Stay home if you test positive and/or develop symptoms before the event. Wear a mask indoors. Choose an outdoor location for the event. Delay the event until transmission is lower. Limit the number of people in attendance. If you are at high risk of getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.
Vaccines	Get vaccinated if you can. If you have been vaccinated, be sure you are up to date with booster.		
Testing	Get tested if you have symptoms consistent with COVID-19. If you have been exposed to someone with COVID-19, get tested 5 days after exposure regardless of vaccination status or symptoms.		
Isolation/Quarantine	Follow CDC recommendations for isolation and quarantine , and COVID-19 testing and exposure guidance .		

<p>Immunocompromised</p>	<ul style="list-style-type: none"> • Have a rapid testing plan in place. Such as the home test or ease of access to test. • Consider self-testing and masking during indoor visitations. • Talk to your healthcare provider about whether you are a candidate for treatments like Oral antivirals, PrEP, and monoclonal antibodies. • Stay up to date with COVID-19 vaccines. 	<ul style="list-style-type: none"> • Have a rapid testing plan in place. Such as the home test or ease of access to test. For instance, pharmacy stores or testing sites within your neighborhood • Consider self-testing and masking during indoor visitations. • Talk to your healthcare provider about wearing a mask. If wearing a mask is the right choice for you, choose one with a higher level of personal protection, such as an N95 or KN95. • Talk to your healthcare provider about whether you are a candidate for treatments like Oral antivirals, PrEP, and monoclonal antibodies • Stay up to date with COVID-19 vaccines. 	<ul style="list-style-type: none"> • Have a rapid testing plan in place. Such as the home test or ease of access to test. For instance, pharmacy stores or testing sites within your neighborhood • Avoid non-essential indoor activities preferred. • Consider consultation with your healthcare provider on whether to use mask or not. When required, preferably use a well fitted mask or respirator. • Talk to your healthcare provider about whether you are a candidate for treatments like Oral antivirals, PrEP, and monoclonal antibodies. • Stay up to date with COVID-19 vaccines.
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