

Social Distancing for Everyone

Risk Level: GREEN (ongoing cases in the country)

- **Wash hands regularly.** Before eating, after using the restroom, after contact with others or other surfaces.
- **Clean high touch surfaces.** Set up a schedule at home and work to wipe down door knobs, counter tops, drawers, phones, keyboards, and cabinets with disinfecting wipes at least once a day.
- **Stop shaking hands,** high fives,. Use elbow bumps or namaste hands instead.
- **Cover coughs and sneezes.** Use a tissue when possible and clean hands afterwards. Cough into your elbow and not your hand. If you are sick, go home and stay home until you are well.
- **Prepare for quarantine.** Be ready for a potential quarantine at home in case of illness or exposure.
- **Prepare to work from home.** Ensure your existing technology meets your needs and that you are familiar with any remote access software (like zoom). Practice working from home so you know what you need.

Risk Level: YELLOW (community spread in your state or region)

- **Continue all risk level GREEN precautions when needed**
- **Learn about your employer's emergency operations plan.** Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members
- **Prepare in case a person in your household becomes sick.** Identify a room and ideally bathroom that could be used for a family member. Have supplies and comfort items ready.
- **Avoid crowds and public activities.** Do not attend concerts, stage plays sporting events or any other mass entertainment events. Avoid locations with frequent visitors such as museums, movie theaters, night clubs and other entertainment venues.
- **Get to know your community resources.** Consider joining your neighborhoods social media or website such as [chicago.gov](https://www.chicago.gov)
- Follow [CDC.gov](https://www.cdc.gov) for additional national recommendations.
- **Anticipate the closure of schools, day cares or after school activities.** If you or a family member is in school, discuss with school educational activities such as online lectures, workbooks or other educational internet channels.
- **Transition social activities to virtual meet-ups.** Consider moving planned activities from groups to virtual meet up- for kids they can consider doing homework or watching sports with a friend online. For adults, examples include hosting a book club or meeting online via zoom or google hang outs.

Risk Level: ORANGE (community spread in your city)

- **Continue all risk level GREEN and YELLOW precautions when needed.**
- **Begin tele-working when you can.** Even if you need to join meetings from your office, any decrease in contacts is helpful.
- **Minimize using shared and public spaces. Avoid lines.** Use mobile ordering for food delivery or online grocery shopping. Many stores allow you to order online and either have grocery delivery or pick up arranged.
- **Identify a safety network with others via phone or online.** Schedule regular check-ins if you have or know someone with a chronic medical condition. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
- **Stay home as much as possible.** Avoid crowds and public spaces if at all possible.
- **Identify emergency resources.** Make a list of phone numbers and locations for you and your family to call or seek help if needed. Consider including organizations that provide mental health or counseling services, food, and other supplies.
- **Reduce travel to a minimum.** Don't travel long distances unless absolutely necessary.

Risk Level: RED (multiple cases in your neighborhood)

- **Continue all risk level GREEN, YELLOW, and ORANGE precautions when needed**
- **Work from home if you can.** Aside from essential work as designated by employer that requires you to be on-site.
- **Cancel non-urgent medical appointments.** Call or message your provider to determine if you can reschedule, request for delivery of chronic medications.
- **Remain prepared and take precautions if someone in household sick.** Visit [CDC.gov](https://www.cdc.gov) for recommendations on home precautions if someone ill.
- **Stay home when not at work.** In order to stay well and minimize exposures, reconsider all activities outside of home and work. Walks are okay but keep your distance from others and wash your hands.
- **Do not use public transportation unless absolutely necessary**