

COVID-19: Risk-Based Guidelines

Recommended thresholds 7-day avg hospital admits	Practice Good Hygiene Stay Home If Sick Avoid Sick People	Maintain Social Distancing	Wear Facial Coverings	Higher Risk Individuals Age over 65, diabetes, high blood pressure, heart, lung and kidney disease, immunocompromised, obesity			Lower Risk Individuals No substantial underlying health conditions			Workplaces Open	
				Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/ Shopping	Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/ Shopping		
0	Stage 1	•		greater than 25		except with precautions	gathering size TBD		all businesses		
< 5	Stage 2	•	•	•	greater than 10		except as essential	greater than 25	except with precautions	essential and reopened businesses	
5 - 19	Stage 3	•	•	•	social and greater than 10	•	except as essential	social and greater than 10	except with precautions	essential and reopened businesses	
20 - 70	Stage 4	•	•	•	social and greater than 2	•	except as essential	social and greater than 10	•	except expanded essential businesses	expanded essential businesses
> 70	Stage 5	•	•	•	outside of household	•	except as essential	outside of household	•	except as essential	essential businesses only

Use this color-coded alert system to understand the stages of risk. This chart provides recommendations on what people should do to stay safe during the pandemic. Individual risk categories identified pertain to known risks of complication and death from COVID-19. This chart is subject to change as the situation evolves.

