Alabama’s Low Risk Phase
What does it mean and what can you do?

LOW 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 green phase should follow the general guidelines below to help keep their area in 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

- 6 FEET
  - Maintain social distancing in public settings.

- Continue social distancing at work. Wear face coverings at work when social distancing is not possible.

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

- Wash hands often for 20 seconds.

- Wear face coverings when social distancing is difficult to maintain.

- Large gatherings and venues allowed with increased hygiene measures, physical distancing, face coverings, and symptom monitoring.

- Stay home if you’re sick.

- Places of worship are encouraged to consider social distancing, hygiene measures, and face coverings.

HIGH-RISK PEOPLE:
- Avoid people showing signs of sickness, such as a fever.
- Be especially careful to stay at least six feet from people outside your household.
- Use face coverings when around people outside your household, and ask visitors to do the same.
- Avoid crowds when at all possible, especially where people aren’t staying six feet apart from each other.
- Don’t take unneeded trips.

CHILDREN:
- Hygiene measures, physical distancing, face coverings, and symptom monitoring are encouraged for all group gatherings.

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