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 orange phase should follow the general guidelines below to help move their area from the high risk to the moderate risk phase.

In every 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.

- **GROUPS OF 20 OR FEWER**
  - Avoid groups of more than 20 people.
  - Takeout, pickup or delivery from restaurants is encouraged rather than dining in.
  - 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.

- **CHILDREN**
  - Keep children away from in-person playdates or similar activities outside of the school setting that can be avoided.
  - Do not allow children on public playgrounds.

**HIGH RISK PEOPLE:**

- Always wear face coverings in public.
- Don’t take non-essential trips. If working from home is not possible, travel for work only, if possible.
- Limit visits with friends, or family outside your household, if there is no urgent need.
- Limit in-person meetings, if possible, with people outside your household, especially other people at high risk of serious illness from COVID-19.
- 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.

**The current state health order and additional COVID-19 information can be found here:**
[alabamapublichealth.gov/covid19](http://alabamapublichealth.gov/covid19)