

Living with COVID-19 Guidance

- Get vaccinated
- Keep up to date with vaccine boosters
- Isolate when sick or test COVID-19 positive
- Consider targeted mask use following exposures and for high-risk persons
- Follow applicable state and local guidance

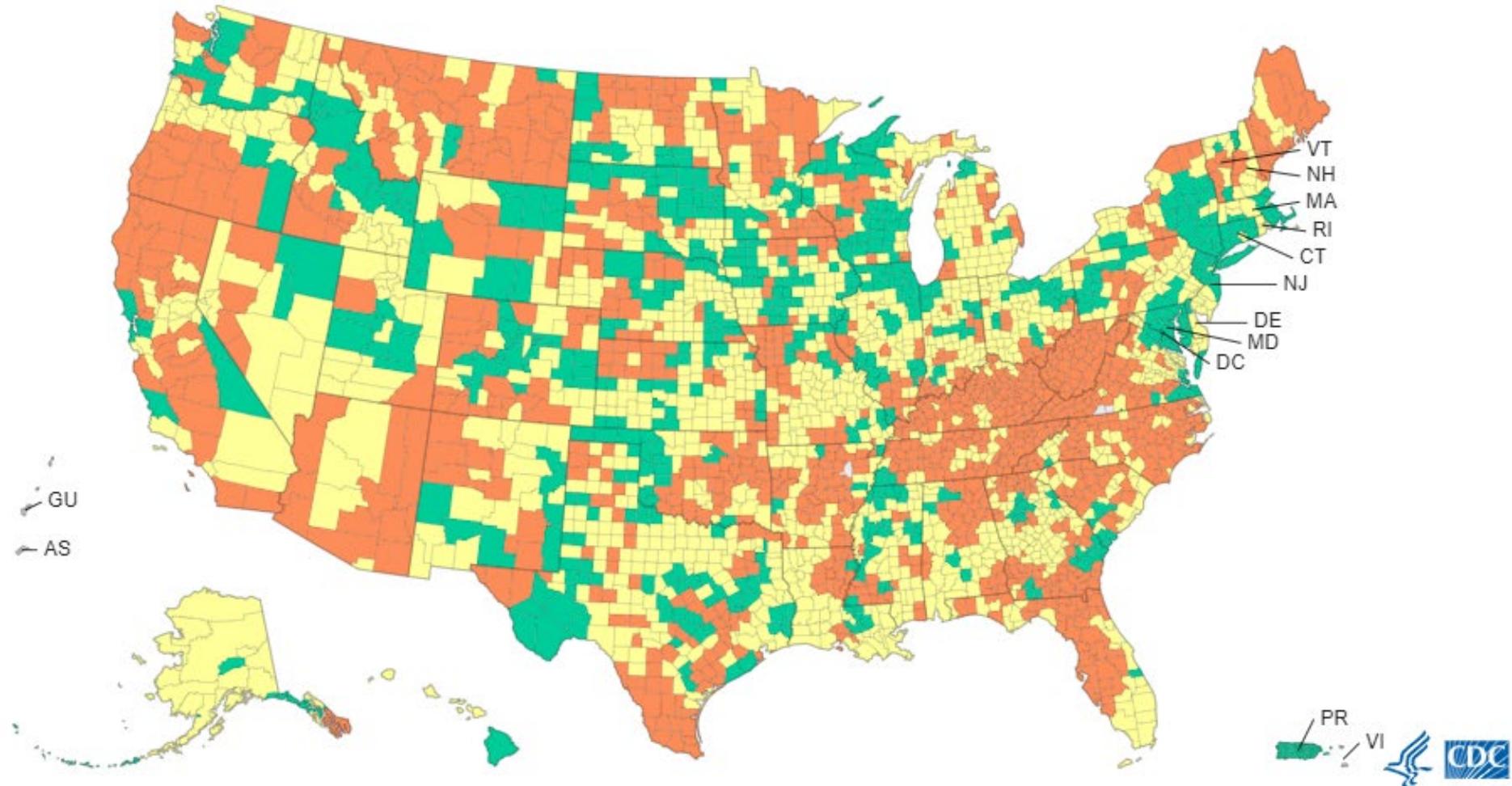
CDC's COVID-19 Community Levels and Indicators

New COVID-19 Cases Per 100,000 people in the past 7 days	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%

U.S. COVID-19 Community Levels by County

Data provided by CDC

Updated: Feb. 24, 2022



	LOW	MEDIUM	HIGH
Vaccination	Stay up to date with vaccinations	Stay up to date with vaccinations	Stay up to date with vaccinations
Mask use	<p>Mask based on individual preference, informed by individual risk</p> <p>Targeted mask use in schools and other indoor settings following exposures</p>	<p>Consider universal mask use in indoor congregate settings</p> <p>Targeted mask use in schools and other indoor settings following exposures</p>	Wear well-fitting masks in all indoor public settings including K-12 schools
Isolation & Quarantine	<p>Stay home when sick</p> <p>Follow isolation & quarantine guidance, including getting tested if exposed or have symptoms of COVID-19</p>	<p>Stay home when sick</p> <p>Follow isolation & quarantine guidance, including getting tested if exposed or have symptoms of COVID-19</p>	<p>Stay home when sick</p> <p>Follow isolation & quarantine guidance, including getting tested if exposed or have symptoms of COVID-19</p>
Physical distancing			Limit indoor in-person gathering and reduce size of gatherings. Encourage physical distancing.
High risk persons	Talk to healthcare provider about preventative treatments	<p>Consider wearing well-fitted mask in all indoor public settings</p> <p>Talk to healthcare provider about preventative treatments</p>	<p>Consider avoiding non-essential indoor public activities</p> <p>Talk to healthcare provider about preventative treatments</p>

COVID-19 Community Level and K-12 Schools

LOW	MEDIUM	HIGH
Baseline prevention strategies	Localized and targeted mitigation	Most layered prevention strategies
<ul style="list-style-type: none">• Stay up to date with vaccinations• Stay home when sick• 5-day isolation + 5-day masking for individuals with COVID-19• Targeted mask use following at-school exposures • Promote on-site testing programs for sick or exposed persons• Test to Stay modified quarantine following community exposures	<ul style="list-style-type: none">• Stay up to date with vaccinations• Stay home when sick• 5-day isolation + 5-day masking for individuals with COVID-19• Targeted mask use following at-school exposures• Consider universal masking for all students and staff• Promote on-site testing programs for sick or exposed persons• Test to Stay modified quarantine following community exposures• Cohort classrooms and limit mixing between students, where possible	<ul style="list-style-type: none">• Stay up to date with vaccinations• Stay home when sick• 5-day isolation + 5-day masking for individuals with COVID-19• Universal masking for all students and staff indoors and on buses • Promote on-site testing programs for sick or exposed persons• Test to Stay modified quarantine following community exposures• Cohort classrooms, limit mixing between students, where possible• Limit large gatherings and activities• Encourage physical distancing >3ft

Multisystem Inflammatory Syndrome in Children (MIS-C)

- Rare but serious condition 2-6 weeks after COVID-19 infection.
- Requires hospitalization and can be life-threatening.
- Occurs most often in school-aged children and can also occur after asymptomatic or mild COVID-19 illness.
- 100 children have been hospitalized in KY. Nearly all unvaccinated.
- Nationwide, there have been nearly 7,000 cases and 59 deaths per CDC.
- To prevent MIS-C, must prevent COVID-19 in children and use vaccines.
- Improving statewide vaccination rates of school-aged children is key to protecting them from this potentially devastating complication.