COVID-19 Community Level Guidance

Know your COVID-19 Community Level and take safety precautions that make sense for you and your family!

Community Levels, a tool developed by the Centers for Disease Control and Prevention (CDC), can help you take precautions based on recent data from where you live or visit. The CDC determines Community Levels by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Check the Community Level in your area by visiting: www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html

COVID-19 SAFETY GUIDANCE BY COMMUNITY LEVEL:

Low Level

- Stay up to date with COVID-19 vaccines
- Get tested if you are experiencing symptoms

Medium Level

- Stay up to date with COVID-19 vaccines
- Get tested if you are experiencing symptoms
- Ask a health care provider about masking or other precautions if you or someone you live with is at risk for serious illness

High Level

- Stay up to date with COVID-19 vaccines
- Get tested if you are experiencing symptoms
- Wear a mask in all indoor public places regardless of vaccination status

You may choose to wear a mask at any time based on personal risk and preference. Wear a mask if you have symptoms, have tested positive, or have been exposed to someone with COVID-19. Check with individual workplaces, local jurisdictions, schools, and businesses about their mask policy. For more masking guidance, including information about the different types of masks available (e.g., specialized filtering masks such as "N95s"), visit: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks.html

Consider Telehealth

Telehealth is a safe and convenient way to receive a broad range of health care services using a computer, tablet, or smartphone. Talk to your health care provider or health insurer about your telehealth options.

MARYLAND Health Care Commission

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