



COMMUNITY SERVICES DIVISION
Behavioral Health • Public Health • Children & Families
Economic Support • Business & Operations

COMMUNITY SERVICES DIVISION | PUBLIC HEALTH
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PUBLIC HEALTH DEPARTMENT

COVID Update

March 2, 2022

Last week, the Centers for Disease Control and Prevention (CDC) updated the recommended COVID-19 health and safety guidelines. The CDC has developed the COVID-19 Community Levels to reduce the impact of the disease on communities and healthcare systems. The COVID-19 Community Levels utilize a three-tier system: low, medium, and high. These levels are calculated by county using the number of available hospital beds, COVID-19 hospitalizations, and new COVID-19 positive cases.

Low Community Level:

- Stay up to date with COVID-19 vaccinations
- Continue to follow isolation and quarantine recommendations
- Test when exposed to COVID-19 or have symptoms of COVID-19

Medium Community Level:

- Follow low recommendations
- High risk individuals should consider self-testing to detect infection before contact and wearing a mask when indoors
- Workplaces, schools, and other community settings could screen for COVID-19 by testing

High Community Level:

- Follow low and medium recommendations
- Individuals are strongly encouraged to wear a well-fitting mask indoors in public and community settings, regardless of vaccination status

If an individual is high risk, they should talk to their healthcare provider for their recommendation of the best protection from COVID-19.

Masking is based on personal preference. Individuals with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask and continue to follow isolation and quarantine recommendations.

For more information on Community Levels and updated county rankings:

visit: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

Please contact the Polk County Health Department at 715-485-9258, or PHInfo@polkcounty.gov or visit www.polkcountyhealthdept.org for questions.

