

Understanding COVID-19 Alert Levels in NYC

Alert Level	What This Means*	What New Yorkers Should Do
Very High	There is high community spread of COVID-19, and health care services are overwhelmed by COVID-19 cases.	<ul style="list-style-type: none"> • Stay up to date with COVID-19 vaccines: Get vaccinated and boosted. • Wear a face mask in all indoor public settings and crowded outdoor spaces. • Avoid nonessential activities and crowded spaces. • Maximize physical distance from others in all public settings, including in workplaces. • Get tested if you have symptoms, were exposed, traveled, or interacted with people outside your home. • Stay home as much as possible, especially if sick or exposed.
High	There is high community spread of COVID-19 and substantial pressure on the health care system.	<ul style="list-style-type: none"> • Stay up to date with COVID-19 vaccines: Get vaccinated and boosted. • Wear a face mask in all indoor public settings and crowded outdoor spaces. • Consider avoiding higher-risk activities (such as crowded indoor gatherings). • Limit gatherings to small numbers. • Get tested if you have symptoms, were exposed, traveled or were at a large event. • Stay home if sick or recently exposed.
Medium	There is medium community spread of COVID-19.	<ul style="list-style-type: none"> • Stay up to date with COVID-19 vaccines: Get vaccinated and boosted. • Wear a face mask in public indoor settings where vaccine status is not known. • Get tested if you have symptoms, were exposed, traveled or were at a large event. • Stay home if sick. • If you are unvaccinated or are at high risk for severe COVID-19 illness, or if working, living or interacting with high-risk individuals, take additional precautions (for example, avoid crowded indoor and outdoor settings).
Low	There is lower community spread of COVID-19.	<ul style="list-style-type: none"> • Stay up to date with COVID-19 vaccines: Get vaccinated and boosted. • Consider wearing a face mask in indoor public settings where vaccine status is not known. • Get tested if you have symptoms, are at high risk based on age or underlying condition, or were recently exposed. • Follow all isolation and quarantine guidance, including wearing a face mask. • Stay home if sick. • Wash your hands.

*Community spread level is based on the Centers for Disease Control and Prevention (CDC) COVID-19 community levels and Indicators. For more information, visit cdc.gov/coronavirus/2019-ncov/science/community-levels.html.

The NYC Health Department may change recommendations as the situation evolves. 3.4.22