## Understanding COVID-19 Alert Levels in NYC

<table>
<thead>
<tr>
<th>Alert Level</th>
<th>What This Means*</th>
<th>What New Yorkers Should Do</th>
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| **Very High** | There is high community spread of COVID-19, and health care services are overwhelmed by COVID-19 cases. | - 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. | - 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. | - 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. | - 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](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html).  
The NYC Health Department may change recommendations as the situation evolves. 3.4.22