

# MODERATE RISK LEVEL

*What does it mean, and what can you do?*



As Idaho's efforts to slow the spread of COVID-19 transitions from a statewide response to a regional response, Eastern Idaho Public Health has developed a series of risk levels. Returning to a minimal risk level won't be instant, like flipping a switch, it'll be more like gradually moving a dial.

Continue to follow the practices below to keep the dial moving back toward minimal and to prevent it from escalating.

**High-risk individuals operate under stricter instructions because they are more likely to suffer severe illness from COVID-19.**

**COVID-19 HOTLINE** • 208-522-0310 or toll-free 855-533-3160  
 Email: [CovidQuestions@EIPH.Idaho.gov](mailto:CovidQuestions@EIPH.Idaho.gov)



Wash hands frequently for at least 20 seconds or use hand sanitizer



Order for mandatory face coverings when in public



Keep events and social gatherings small



Maintain physical distance of at least 6 feet from non-immediate family



Telework where possible and feasible with business operations



Minimize non-essential travel



Carefully monitor your health— for more information, refer to [EIPH's Decision Tree](#)



Stay home if you are sick



Vulnerable populations/congregate living facilities should take extra precautions