

CAUTION

PRIMARY INDICATORS*

Negative performance against primary health indicators
OR Continued indications of community spread and outbreak

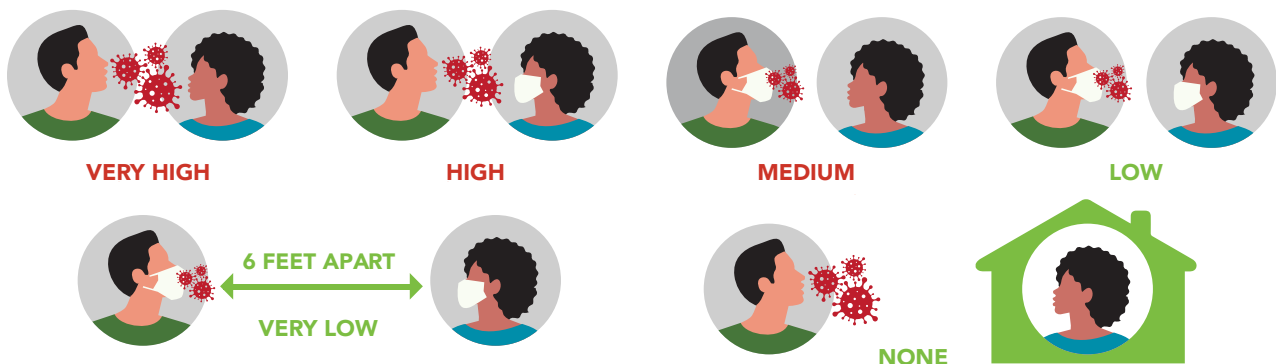
Best Practices For INDIVIDUALS:

FOLLOW THE SIX RULES to Keep Nebraska Healthy

1. **Stay home.** No non-essential errands and no social gatherings.
2. **Socially distance your work.** Work from home or use six-foot rule.
3. **Shop alone and only shop once a week.** Do not take family with you.
4. **Help kids follow social distancing.** Play at home. No group sports. And no playgrounds.
5. **Help seniors stay at home by shopping for them.** Do not visit long-term care facilities.
6. **Exercise daily** at home or with an appropriately socially-distanced activity.

Best Practices For EMPLOYERS:

- Continue to **ENCOURAGE TELEWORK**, whenever possible and feasible with business operations.
- **MINIMIZE INTERACTION** with coworkers and the public.
- **PROTECTIVE FACE COVERINGS SHOULD BE WORN** by employees who will be interacting with customers or other members of the team.
- **AVOID NON-ESSENTIAL TRAVEL** and adhere to CDC guidelines regarding isolation following travel.



For more information, visit the [We Rise recovery page](#).

*Primary indicators are Confirmed Cases and Percent Positive Tests according to [UNMC Global Center for Health Security PRAM](#) dashboard.