



COVID-19

COVID-19 by County

Updated Aug. 11, 2022

What You Need to Know

- COVID-19 Community Levels help individuals and communities decide which prevention actions to take based on the latest information.
- Each level helps convey how much COVID-19 is impacting your community using data on hospitalizations and cases.
- Using these data, communities are classified as low, medium, or high.
- For each level, CDC recommends actions you can take to help you [protect yourself and others](#) from severe impacts of COVID-19.

Many people in the United States have some protection, or immunity, against COVID-19 due to vaccination, previous infection, or both. This immunity, combined with the availability of tests and treatments, has greatly reduced the risk of severe illness, hospitalization, and death from COVID-19 for many people.

At the same time, some people—such as those who are older, are [immunocompromised](#), have certain disabilities, or have certain underlying health conditions—continue to be at higher risk for serious illness. Learn more about the factors that can affect your [risk of getting very sick](#) from COVID-19 to better understand how COVID-19 could affect you and others around you.

 **For Healthcare Facilities:** [Prevention actions in healthcare facilities](#), such as hospitals, rehabilitation centers, and nursing homes, are not linked to COVID-19 Community Levels.

Know Your COVID-19 Community Level

Take action to protect yourself and others from COVID-19 based on the COVID-19 Community Level in your area.

People may choose to wear a mask at any time. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.



COVID-19 County Check

Find community levels and prevention steps by county. Data updated weekly.

Select a Location (all fields required)





Individual-Level Prevention Steps You Can Take Based on Your COVID-19 Community Level

LOW, MEDIUM, AND HIGH

At all COVID-19 Community Levels:



- [Stay up to date](#) on vaccination, including recommended booster doses.
- Maintain [ventilation improvements](#).
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow recommendations for [isolation](#) if you have suspected or confirmed COVID-19.
- Follow the recommendations for [what to do if you are exposed](#) to someone with COVID-19.
- If you are at [high risk of getting very sick](#), talk with a healthcare provider about additional prevention actions.

MEDIUM AND HIGH

When the COVID-19 Community Level is Medium or High:



- If you are at [high risk of getting very sick](#), wear a high-quality mask or respirator (e.g., N95) when indoors in public
- If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them

HIGH

When the COVID-19 Community Level is High:



- Wear a high-quality mask or respirator.
- If you are at high risk of getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.

Science at CDC

Scientific evidence and studies behind specific COVID-19 guidance and recommendations

[Science Brief: Community Levels and Making Public Health Recommendations](#)

Community-Level Prevention Strategies

LOW, MEDIUM, AND HIGH

At all COVID-19 Community Levels:



- Promote equitable access to vaccination, testing, masks and respirators, treatment and prevention medications, community outreach, and support services.
- Ensure access to testing, including through point-of-care and at-home tests for all people.
- Maintain [ventilation improvements](#).
- Provide communications and messaging to encourage isolation among people who test positive.

MEDIUM AND HIGH

When the COVID-19 Community Level is Medium or High:



- Implement screening testing in high-risk settings where screening testing is recommended.

HIGH


When the COVID-19 Community Level is High:



- Implement healthcare surge support as needed.



For Public Health Professionals

- **Scientific Brief:** [Indicators for Monitoring COVID-19 Community Levels and Making Public Health Recommendations](#)
- **Technical Presentation:** [Indicators for Monitoring COVID-19 Community Levels and Implementing Prevention Strategies](#)  [5 MB, 28 pages]

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