

Level: **Very High**



Wastewater viral levels in your neighborhood indicate **very high risk** of COVID-19 infection.

Based on this level, BPHC urgently recommends the following practices to prevent COVID-19 in your community:

- Wear a [high-quality mask or respirator](#)
- If you are at [high risk of getting very sick](#), consider limiting non-essential indoor activities in public where you could be exposed.
- If you have close contact with someone at [high risk of getting very sick](#), consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them
- Stay up-to-date on [vaccinations](#).
- Seek testing and possible treatment if you get sick
- Stay home when sick and avoid contact with others who are sick
- Improve [indoor airflow and ventilation](#)
- Wash your hands often and cover coughs and sneezes
- Follow CDC recommendations for [isolation](#) if you have COVID-19 and for [what to do if you are exposed](#) to someone with COVID-19

RESOURCES

- Find a [vaccination clinic](#) in your neighborhood
- Find a [testing site](#) or pickup a [free at-home test kit](#) in your neighborhood
- Find [treatment](#) for COVID-19 including [free telehealth](#) and [in home treatment](#).
- Call or visit the [Mayor's Health Line](#)
- Learn more about COVID-19 and find additional resources: [COVID-19: Know the Facts Find the Truth](#)

Level: High



Wastewater viral levels in your neighborhood indicate **high risk** of COVID-19 infection.

Based on this level, BPHC strongly recommends the following practices to prevent COVID-19 in your community:

- Wear a [high-quality mask or respirator](#)
- If you have close contact with someone at [high risk of getting very sick](#), consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them
- Stay up-to-date on [vaccinations](#).
- Seek testing and possible treatment if you get sick
- Stay home when sick and avoid contact with others who are sick
- Improve [indoor airflow and ventilation](#)
- Wash your hands often and cover coughs and sneezes
- Follow CDC recommendations for [isolation](#) if you have COVID-19 and for [what to do if you are exposed](#) to someone with COVID-19

RESOURCES

- Find a [vaccination clinic](#) in your neighborhood
- Find a [testing site](#) or pickup a [free at-home test kit](#) in your neighborhood
- Find [treatment](#) for COVID-19 including [free telehealth](#) and [in home treatment](#).
- Call or visit the [Mayor's Health Line](#)
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Level: Moderate

Wastewater viral levels in your neighborhood indicate **moderate risk** of COVID-19 infection.

Based on this level, BPHC recommends the following practices to prevent COVID-19 in your community:

- If you are at [high risk of getting very sick](#), wear a [high-quality mask or respirator](#) in public indoor spaces
- If you have close contact with someone at [high risk of getting very sick](#), consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them
- Stay up-to-date on [vaccinations](#).
- Seek testing and possible treatment if you get sick
- Stay home when sick and avoid contact with others who are sick
- Improve [indoor airflow and ventilation](#)
- Wash your hands often and cover coughs and sneezes
- Follow CDC recommendations for [isolation](#) if you have COVID-19 and for [what to do if you are exposed](#) to someone with COVID-19

RESOURCES

- Find a [vaccination clinic](#) in your neighborhood
- Find a [testing site](#) or pickup a [free at-home test kit](#) in your neighborhood
- Find [treatment](#) for COVID-19 including [free telehealth](#) and [in home treatment](#).
- Call or visit the [Mayor's Health Line](#)
- Learn more about COVID-19 and find additional resources: [COVID-19: Know the Facts Find the Truth](#)

Level: **Low**



Wastewater viral levels in your neighborhood indicate **low risk** of COVID-19 infection.

Based on this level, BPHC recommends the following practices to prevent COVID-19 in your community:

- **Continue to monitor wastewater levels and trends**
- Stay up-to-date on [vaccinations](#).
- Seek testing and possible treatment if you get sick
- Stay home when sick and avoid contact with others who are sick
- Improve [indoor airflow and ventilation](#)
- Wash your hands often and cover coughs and sneezes
- Follow CDC recommendations for [isolation](#) if you have COVID-19 and for [what to do if you are exposed](#) to someone with COVID-19

RESOURCES

- Find a [vaccination clinic](#) in your neighborhood
- Find a [testing site](#) or pickup a [free at-home test kit](#) in your neighborhood
- Find [treatment](#) for COVID-19 including [free telehealth](#) and [in home treatment](#).
- Call or visit the [Mayor's Health Line](#)
- Learn more about COVID-19 and find additional resources: [COVID-19: Know the Facts Find the Truth](#)



Level: **Very Low**

Wastewater viral levels in your neighborhood indicate **very low risk** of COVID-19 infection.

Based on this level, BPHC recommends the following practices to prevent COVID-19 in your community:

- **Continue to monitor wastewater levels and trends**
- Stay up-to-date on [vaccinations](#).
- Seek testing and possible treatment if you get sick
- Stay home when sick and avoid contact with others who are sick
- Improve [indoor airflow and ventilation](#)
- Wash your hands often and cover coughs and sneezes
- Follow CDC recommendations for [isolation](#) if you have COVID-19 and for [what to do if you are exposed](#) to someone with COVID-19

RESOURCES

- Find a [vaccination clinic](#) in your neighborhood
- Find a [testing site](#) or pickup a [free at-home test kit](#) in your neighborhood
- Find [treatment](#) for COVID-19 including [free telehealth](#) and [in home treatment](#).
- Call or visit the [Mayor's Health Line](#)
- Learn more about COVID-19 and find additional resources: [COVID-19: Know the Facts Find the Truth](#)