

# COVID-19 HEALTH GUIDANCE

## [U.S. COVID-19 Community Levels by County](#)

*NOTE: There is no quarantine requirement in effect at this time for travelers arriving in or returning to Arkansas.*

### General Guidance for COVID-19

Steps can be taken to protect Arkansans and their friends, family, and communities from COVID-19 infection. This guidance document lists recommended practices for individuals and organizations. **These recommendations are not mandates but are guidance based upon public health best practices and available evidence.** It is best to use as many of these practices as possible to protect yourself and others from COVID-19.

### Here are steps you can take to protect yourself and others:

- **Get the COVID-19 vaccine.** Getting up-to-date on your [COVID-19 vaccinations](#) is the single most effective measure to prevent serious illness from COVID-19.
- **Wear a mask** when recommended, based on the [COVID-19 Community Level](#) for your county. The CDC recommends that people 2 years of age or older should wear a mask indoors in public, regardless of vaccination status, if the county in which they live is “High.”
- **Get tested** if you think you have been exposed to COVID-19 or develop a fever, cough, shortness of breath, or other symptoms that could be COVID-19. If you test positive, even with an at-home test, you should [isolate](#) and inform close contacts. You do not need a confirmatory test if your test is positive unless advised to do so by your medical provider.
- **Stay home when you're sick.**
- **Increase ventilation.** [Improving ventilation](#) is an important COVID-19 prevention strategy that can reduce the number of virus particles in the air. Bringing fresh outdoor air into a building helps keep virus particles from concentrating inside.
- **Wash your hands** often with soap and water for at least 20 seconds. Use hand sanitizer when soap and water are not available.
- **Clean and disinfect. If someone is sick or has tested positive for COVID-19, [disinfect frequently touched surfaces](#).** Use a household disinfectant product from [EPA's list of disinfectants for COVID-19](#) according to the manufacturer's labeled directions.
- **Take special care around people at increased risk** by getting vaccinated. [Some people](#) are at increased risk for having severe disease from COVID-19, such as those aged 65 and older, those of any age with underlying medical conditions, those with immunocompromising conditions, and those who cannot be vaccinated.

### COVID-19 Information

- [CDC's COVID-19 Operational Guidance for K-12 and ECE programs](#)
- [For Healthcare Providers](#)
- [For Self-Home Isolation](#)