



Guidance for the General Public and Employers during Utah's 'Moderate Risk' Phase*

Updated April 30, 2020

Effective May 1, 2020

General

- Follow strict hygiene standards, including:
 - Wash hands frequently with soap and water for at least 20 seconds
 - Use hand sanitizer frequently
 - Avoid touching your face
 - Cover coughs or sneezes (e.g. into a tissue, sleeve, or elbow; not hands)
 - Regularly clean high-touch surfaces (e.g. door handles, counters, light switches, remote controls, restroom surfaces)
 - Follow any other standards promulgated by the Centers for Disease Control and Prevention (CDC), the Utah Department of Health, and local health department
- Face coverings should be worn in public spaces, especially when difficult to maintain 6-foot distance
- Do not shake hands
- In-person interactions in decreased group sizes that enable all social distancing guidelines to be maintained; social interactions in groups of 20 or fewer
- Increase virtual interactions
- Leave home infrequently, stay 6 feet away from others when outside the home
- Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, countertops, handrails, shopping carts, check-out counters, restroom surfaces)
- Give sick family members their own room if possible and keep the door closed
- Have only one family member care for the sick individual
- Schools are closed
- Limit out-of-state travel, quarantine 14 days upon return from high-risk areas (as specified by the CDC)

High-Risk Individuals

High-risk individuals are defined as people 65 years and older, people who live in a nursing home or long-term care facility, people of all ages with underlying medical conditions, including lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised (many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications), people with severe obesity, diabetes, chronic kidney disease undergoing dialysis, or liver disease.

Actions by High-risk Individuals

- Face coverings worn at all times in public setting
- Limit travel to only essential travel; if telework is not possible, limit travel to work-related travel only
- Limit visiting friends or family without urgent need
- Limit physical interactions with other high-risk individuals, except for members of your household or residence
- Limit attending gatherings of any number of people outside your household or residence
- Do not visit hospitals, nursing homes, or other residential care facilities

Interactions with High-Risk Individuals

- Avoid physical interactions with high-risk individuals as much as possible
- Do not visit hospitals, nursing homes, or other residential care facilities
- Targeted testing for those working with high-risk individuals

Households with High-Risk Individuals

- For those living with a high-risk individual, household members should conduct themselves as if they are a significant risk to the high-risk individual
- Wash hands before interacting with high-risk household members, including before feeding or caring for the person
- If possible, provide a protected space for high-risk household members, and ensure all utensils and surfaces are cleaned regularly
- High-risk populations should take extra precaution to avoid close contact with multiple people, including having the same caretakers whenever possible
- Those who are, or work with, vulnerable populations should undergo daily screening/symptom monitoring and should be tested if they develop any COVID-19 symptoms
- Consider providing additional protections or more intensive care for high-risk household members

Social Guidelines

- Take extreme precautions
- Stay 6 feet away from others when outside the home
- Face coverings should be worn in settings where other social distancing measures are difficult to maintain
- In-person interactions are limited to individual households and those who have been following recommended distancing/hygiene guidelines; increase use of virtual interactions
- Leave home infrequently
- Social interactions limited to groups of 20 or fewer

Face Coverings

- Face coverings (e.g. mask, scarf, gaiter, bandana) should be worn in public settings where other social distancing measures are difficult to maintain
- Change or launder cloth face coverings routinely
- Individuals should stay 6 feet away from others even when wearing a face covering
- Cloth face coverings should not be placed on young children under the age of 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

Family Gatherings (e.g. funeral, wedding, religious ceremonies)

- Follow all social guidelines outlined above
- Small group of close family and friends may attend, as long as they have been following social distancing and hygiene practices for two weeks

Children, including playgrounds

- Follow all social guidelines outlined above
- Do not attend school outside the home
- Do not arrange or participate in in-person playdates or similar activities
- Do not allow children on public playground equipment
- Soft closure of schools
- Schools may send home food

Church Services

- Follow all social guidelines outlined above
- Spacing between immediate household groups
- Alternate schedules to accommodate smaller gatherings where social distancing guidelines can be adhered to
- Recommend streamed services to households

Travel

- Limit travel to essential travel only, following destination guidelines and avoiding areas of high exposure
- Essential travel means travel to:
 - safely relocate by an individual whose home or residence is unsafe, including individuals who have suffered or are at risk of domestic violence, or for whom the safety, sanitation or essential operations of the home or residence cannot be maintained
 - care for a family member or friend in the same household or another household, including transporting family members or friends
 - transport a child according to existing parenting time schedules or other visitation schedules pertaining to a child in need of protective services
 - care for pets, including travel to a veterinarian
 - seek emergency services
 - obtain medications and medical services
 - donate blood
 - obtain food, including delivery or carry-out services, beverages (alcoholic and non-alcoholic), and other grocery items, gasoline, supplies required to work from home, and products needed to maintain the safety, sanitation, and essential operation of homes and residences, businesses, and personally owned vehicles, including automobiles and bicycles
 - perform work if you cannot telework
 - transport/deliver essential goods
 - engage in recreational and outdoor activities
 - laundromats and dry cleaners
 - return to a home or place of residence

Outdoors & Recreation

- Follow all social guidelines outlined above
- Remain at least 6 feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.)
- Do not touch high-touch surfaces, including handrails, trail signs, maps
- Do not congregate at trailheads, parks, or other outdoor spaces
- Do not engage in close-contact or team sports
- Follow guidelines for state and national parks

**Adapted from Utah's Phased Guidelines for the General Public and Businesses to Maximize Public Health and Economic Reactivation*

<https://coronavirus-download.utah.gov/Health/Phased%20Health%20Guidelines%20V4.0.pdf>