How to Stay Healthy During Utah’s Orange ‘Moderate Risk’ Phase

SOCIAL GUIDELINES

• General public takes extreme precautions
• Stay 6 feet away from others when outside the home unless not possible
• Face coverings worn in interactions that take place within a 6-foot distance
• In-person interactions limited to individual households and those who have been following recommended distancing/hygiene guidelines; increase use of virtual interactions
• Leave home infrequently

INTERACTIONS WITH HIGH-RISK INDIVIDUALS

• Face coverings worn at all times in public settings
• 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

ACTIONS BY HIGH-RISK INDIVIDUALS

• Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces)
• Provide hand sanitizer for individuals at entrance and exit
• Design spaces to maintain 6-foot distance between individuals
• Face coverings worn in public settings where other social distancing measures are difficult to maintain
•symptom checking in public and business interactions

USE OF FACE COVERINGS

• Face coverings (e.g. mask, bandana, gaiter) worn in public settings where other social distancing measures are difficult to maintain
• Launder cloth face coverings routinely
• Individuals should stay 6 feet away from others even when wearing a face covering

CHILDREN

• Do not congregate at trailheads, parks, or other outdoor spaces
• Do not engage in close-contact or team sports
• Pools operate at 50% capacity, one swimmer per lane, no congregating on pool decks
• Follow guidelines for state and national parks

FOOD

• Carryout or delivery encouraged. Shave animals-gatherings where蛇蛇蛇蛇蛇蛇蛇蛇蛇
• Decrease shopping frequency
• Schools may send home food

TRAVEL

• Limit travel to essential travel only, following destination guidelines and avoiding areas of high risk
• 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 nonalcoholic), and other grocery items, gasoline, supplies required to work from home, and products needed to maintain the safety, sanitation, and essential operations of homes and residences, functions of local, state, and federal governments, including public health, medical services, and emergency management services, 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 AND RECREATION

• Do not congregate at trailheads, parks, or other outdoor spaces
• Do not engage in close-contact or team sports
• Parks open with safety measures in place; use at your own risk, no aggregating on park decks
• Follow guidelines for state and national parks