

INDIVIDUAL GUIDANCE

Utah Leads Together

For more information, visit: coronavirus.utah.gov/utahs-health-guidance-system/

As the community moves through phased risk guidance, we encourage you to continue to implement protective measures for your health and safety, and that of your family and the community. Together we can slow the spread of COVID-19 in our community.

PERSONAL PROTECTION

- Face coverings (e.g., mask, scarf, gaiter, bandana) worn in public settings where physical distancing measures are difficult to maintain; while wearing face coverings has proven to be somewhat effective in slowing the spread of COVID-19, they will not completely eliminate the risk of COVID-19 spread; sound judgment, physical distancing, and hygiene practices are important principles that must accompany appropriate use of face coverings
- Change or launder cloth face coverings after each day's use
- Cloth face coverings should not be placed on:
 - young children under the age of 2
 - anyone who has trouble breathing
 - anyone who is unable to remove the mask without assistance (e.g. unconscious, incapacitated)
- Do not shake hands and avoid unnecessary physical contact
- Reconsider any nonessential travel into areas with widespread community transmission of COVID-19; follow CDC travel health information guidelines found here: [CDC Travelers' Health](https://www.cdc.gov/travel/health-information/)

PHYSICAL DISTANCING

- Maintain physical distancing when in public settings
- Private, social interactions that occur without oversight by a formal organization are allowable in groups of 50 or fewer; smaller groups still preferred
- Consider using the [Event Management Template](#) when planning family gatherings such as funerals, weddings, and religious ceremonies; event size can exceed 50 individuals if organizational oversight can be provided that ensures guidelines are followed
- Phone and virtual interactions are encouraged in place of in-person meetings
- When interacting with individuals at higher-risk, conduct yourself as if you are a significant risk to them
- Precautions remain in place to protect children and their families:
 - Playgrounds are open; limit child interaction with other children in public spaces (e.g., playground equipment)
 - Schools reopening anticipated for the 2020-2021 school year with increased cleaning and hygiene; Gov. Herbert has approved the State Board of Education's Reopening Schools State Requirements and Regulations. More information at: <https://schools.utah.gov/coronavirus?mid=4985&aid=1>
 - All symptomatic children should stay home from school and childcare and will be sent home if exhibiting any symptoms

CLEANING & HYGIENE

- 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)
- Disinfect high-touch areas when in public spaces (e.g., shopping carts)
- Follow any other standards recommended by Centers for Disease Control and Prevention (CDC), Utah Department of Health, and Davis County Health Department

HOUSEHOLDS WITH SICK FAMILY MEMBERS

- Don't leave home if you are sick (unless to seek medical care)
- Give sick members their own room if possible and keep the door closed
- Have only one family member care for those who are sick in the home
- Consider providing additional protections or more intensive care for higher-risk household members
- Additional CDC guidance for taking care of sick family members can be found here: [Caring for Someone Sick at Home](#)

Also refer to CDC Toolkit for General Public,
[cdc.gov/coronavirus/2019-ncov/communication/toolkits/general-public.html](https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/general-public.html)

Thank you for your patience and cooperation during this COVID-19 pandemic.
Feel free to contact the Davis County Health Department with any questions at 801-525-5128.