

What Is <b>Your Risk</b> for COVID-19?	What to do if you have <b>NO SYMPTOMS</b>	What to do if you <b>HAVE SYMPTOMS</b> of fever, cough or shortness of breath
<b>Low Risk</b> -No known contact with a person with laboratory diagnosed COVID-19 -No foreign travel last 2 wks -Less than 65 years old -No chronic medical illnesses	<ul style="list-style-type: none"> <li>Practice social -distancing</li> <li>Self-observation</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation, social distancing</li> <li>Call the Health Department at 1-800-456-7707 if you have questions regarding COVID-19.</li> <li>You are safe to visit your healthcare provider for routine medical care.</li> </ul>
<b>Medium Risk</b> -Household contact with a person returning from travel to a foreign country -Foreign travel last 2 wks -Being in the same indoor environment (like a classroom or hospital waiting room) as a person with laboratory-diagnosed COVID-19, but not within 6'	<ul style="list-style-type: none"> <li>Practice social distancing</li> <li>Self-observation</li> <li>If a household member is quarantined, all other household members must maintain six-foot distance.</li> <li>Be very aware of contact with vulnerable population.</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation, social distancing</li> <li>Call the Health Department at 1-800-456-7707 to determine if medical evaluation is needed.</li> <li>If coming for testing, call before arrival.</li> </ul>
<b>High Risk</b> -Household contact with a person with laboratory-diagnosed COVID-19. -Travel from a high-risk area (Level 3 Travel Health Notice @ cdc.gov)	<ul style="list-style-type: none"> <li>Quarantine in your home for at least 14 days or as advised by healthcare provider</li> <li>No public, group or family gatherings</li> <li>Monitor temperature</li> </ul>	<ul style="list-style-type: none"> <li>Immediate isolation</li> <li>Call the Health Department at 1-800-456-7707 to determine if medical evaluation is needed.</li> <li>If coming for testing, call before arrival.</li> </ul>
<b>Vulnerable Population</b> -People 65 years and older, regardless of medical condition -Anyone with an *underlying medical condition	<ul style="list-style-type: none"> <li>Practice social distancing</li> <li>Restrict activities outside your home (no public areas)</li> <li>Call ahead for doctor's visits</li> </ul>	<ul style="list-style-type: none"> <li>Self-isolation, social distancing</li> <li>Call the Health Department at 1-800-456-7707 to determine if medical evaluation is needed.</li> <li>If coming for testing, call before arrival.</li> </ul>

\*Underlying Medical Conditions may include:

Respiratory diseases, heart disease, kidney disease, liver disease, diabetes, obesity, weakened immune system, pregnancy

# SOCIAL DISTANCING

## What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

### AVOID

Group gatherings  
Sleepovers  
Playdates  
Concerts  
Theater outings  
Traveling  
Athletic events  
Crowded retail stores

Malls  
Workouts in gyms  
Church Services  
Visitors in your house  
Non-essential workers in your house  
Mass transit systems



### KEEP YOUR DISTANCE

Visit a local restaurant to get take out  
Visit grocery store

Pick up medications  
Play tennis in a park



Keep at least 6' - 8' between yourself and others

### SAFE TO DO

Take a walk  
Go for a hike  
Yard work  
Play in your yard

Clean out a closet  
Read a good book  
Listen to music  
Cook a meal

Family game night  
Go for a drive  
Stream a favorite show

Call or email a friend or elderly neighbor to check in  
Group video chats





# **DISTANCIAMIENTO SOCIAL**

## ¿Qué significa esto?

El distanciamiento social es la práctica de reducir el contacto cercano entre las personas para frenar la propagación de infecciones o enfermedades.

Las medidas de distanciamiento social incluyen limitar que las personas se reúnan en grupos grandes, cerrar edificios y cancelar eventos.

### **EVITE**

Reuniones en grupo  
Ir a dormir a otras casas  
Citas para jugar  
Conciertos  
Salidas al teatro  
Viajes  
Eventos atléticos  
Tiendas con muchas personas

Centros comerciales  
Entrenamientos en gimnasios  
Ceremonias o servicios de la Iglesia  
Visitantes en su casa  
Trabajadores no esenciales en su casa  
Sistemas de transporte masivo



### **MANTENGA SU DISTANCIA**

Al visitar un restaurante local para ir a recoger comida para llevar  
Al ir a la tienda de comestibles

Al ir a recoger medicamentos  
Al ir a un parque a jugar tenis

Mantenga al menos de 6 a 8 pies entre usted y las demás personas



### **ES SEGURO**

Ir a caminar  
Salir a caminar por un sendero  
Trabajar en el jardín  
Limpiar un armario/ropero

Leer un buen libro  
Escuchar música  
Preparar una comida/cocinar  
Una noche de juegos en familia

Chats de video en grupo  
Ver la transmisión de uno de sus programas favoritos

Salir a un paseo en el auto/carro  
Jugar en su patio  
Llamar o enviar un correo electrónico a un amigo o vecino de edad avanzada para saber cómo está



# Social Distancing - Quarantine - Isolation

## What Is the Difference?

### Social Distancing

Used when in public or at work and not sick.

#### Why?

To reduce face-to-face contact and reduce the spread of disease.

#### How?

- Encourage people to stay at home.
- Give six feet of space from others.
- Work to minimize close contact between people.
- Frequent 20-second handwashing with soap and water (or hand sanitizer 60% alcohol based).

### Quarantine

Used for people who may have been exposed but are not sick.

#### Why?

The person could have the virus in their body even if they don't have symptoms. They need to stay away from others until they find out for sure.

#### How?

- Separate living quarters if possible.
- Keep six feet away from other people
- Have food and necessities delivered.
- Frequent 20-second handwashing.

### Isolation

Used for people suspected or confirmed to have COVID-19

#### Why?

To keep the person from infecting others.

#### How?

- Separate living quarters and bathroom facilities.
- Keep six feet away from other people.
- Have food and necessities delivered.
- All household members should wear a mask.
- Disinfect frequently touched surfaces daily.
- Frequent 20-second handwashing.

#### Social Distancing Note:

It is recommended not to gather in groups of 10+. Avoid handshakes/hugs and maintain 6' rule. Travel outside the Uintah Basin is not recommended at this time.

# Our Missionary Just Returned Home What Should We Do?

All returning missionaries should be considered HIGH RISK.

Parents and guardians should pick missionaries up alone and practice safe social distancing while at the airport.

Missionaries should be immediately quarantined for 14 days. This means:

- NO public, group, or family gatherings.
- Separate living quarters if possible.
- Keep six feet away from other household members.
- Monitor for symptoms of fever, cough, or shortness of breath.

Family members living in the same house as the returned missionaries are considered MEDIUM RISK. This means:

- Maintain strict social distancing.
- Be very aware of contact with vulnerable persons. This means no grandparents for 14 days.