

## Guidelines for the General Public During Red, Orange and Yellow Phases

Category	Recommendation
General	<ul style="list-style-type: none"> <li>Follow strict hygiene standards, including:                             <ul style="list-style-type: none"> <li>Wash hands frequently with soap and water for at least 20 seconds</li> <li>Use hand sanitizer frequently</li> <li>Avoid touching your face</li> <li>Cover coughs or sneezes (e.g. into a tissue, sleeve, or elbow; not hands)</li> <li>Regularly clean high-touch surfaces (e.g. door handles, counters, light switches, remote controls, restroom surfaces)</li> <li>Follow any other standards promulgated by the Centers for Disease Control and Prevention (CDC), the Wyoming Department of Health, and Casper/Natrona County Health Department</li> </ul> </li> <li>Face coverings should be worn in public spaces in accordance with CDC's recommendations<sup>2</sup>, especially when difficult to maintain 6-foot distance</li> <li>Do not shake hands</li> <li>Phone and video chats encouraged in place of in-person meetings</li> <li>Help others as reasonably appropriate</li> </ul>
Households with high-risk individuals	<p>"High-risk individuals" include those over 65, those living at senior living facilities, and those of all ages with underlying medical conditions, including chronic lung disease, asthma, heart conditions, severe obesity, chronic kidney disease, liver disease, or otherwise immunocompromised (undergoing cancer treatment, smoker, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications)</p> <ul style="list-style-type: none"> <li>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</li> <li>Wash hands before interacting with the person, including before feeding or caring for the person</li> <li>If possible, provide a protected space for high-risk household members, and ensure all utensils and surfaces are cleaned regularly</li> <li>Those who are, or work with, vulnerable populations should undergo daily screening/symptom monitoring and should be tested if they develop COVID-19 symptoms</li> <li>High-risk populations should take extra precaution to avoid close contact with multiple people, including having the same caretakers whenever possible</li> </ul>
Households with sick family members	<ul style="list-style-type: none"> <li>Give sick members their own room if possible and keep the door closed</li> <li>Consider providing additional protections or more intensive care for high-risk household members</li> <li>Have only one family member care for them</li> </ul>