

# Phased Guidelines for the General Public and Businesses to Maximize Public Health and Economic Reactivation

## Tiered Guidelines for the General Public

	Normal Risk	Low Risk	Moderate Risk	High Risk
Social Guidelines	<ul style="list-style-type: none"> <li>General public takes reasonable precautions</li> <li>Interactions allowable in larger groups, with strict hygiene measures and symptom monitoring</li> <li>Evaluate mass gatherings based on herd immunity and monitoring/testing rates</li> </ul>	<ul style="list-style-type: none"> <li>General public takes reasonable precautions</li> <li>Stay 6 feet away from others when outside the home</li> <li>Limit out-of-state travel, quarantine 14 days upon return from high-risk areas</li> <li>Social interactions in groups 20 or fewer; this may be increased incrementally based on data &amp; milestone trends</li> </ul>	<ul style="list-style-type: none"> <li>General public takes extreme precautions</li> <li>Stay 6 feet away from others when outside the home unless not possible</li> <li>Face coverings should be worn in interactions that take place within a 6-foot distance</li> <li>In-person interactions limited to individual households and those who have been following recommended distancing/hygiene guidelines; increase use of virtual interactions</li> <li>Leave home infrequently</li> <li>Limit out-of-state travel, quarantine 14 days upon return from high-risk areas</li> <li>Social interactions in groups of 10 or fewer</li> </ul>	<ul style="list-style-type: none"> <li>General public takes extreme precautions</li> <li>Stay 6 feet away from others when outside the home unless not possible</li> <li>Face coverings should be worn in interactions that take place within a 6-foot distance</li> <li>In-person interactions limited to individual households; increase virtual interactions</li> <li>Essential travel only. Leave home infrequently</li> <li>Limit out-of-state travel, quarantine 14 days upon return from high-risk areas</li> <li>Social interactions in groups of 10 or fewer</li> </ul>
Interactions with High-risk Individuals <sup>3</sup>	<ul style="list-style-type: none"> <li>Asymptomatic individuals take extra precautions and follow strict hygiene standards when interacting with high-risk groups</li> <li>No symptomatic individuals</li> <li>Take proper precautions when visiting the hospital, nursing homes, or other residential care facilities</li> </ul>	<ul style="list-style-type: none"> <li>Asymptomatic individuals take extra precautions and follow strict hygiene standards when interacting with high-risk groups</li> <li>No symptomatic individuals</li> <li>Limit visitors to the hospital, nursing homes, or other residential care facilities</li> </ul>	<p>Interactions with High-Risk Individuals</p> <ul style="list-style-type: none"> <li>See “Households with vulnerable populations” guidelines on page 3</li> <li>Avoid physical interactions with high-risk individuals as much as possible</li> <li>Avoid visits to hospitals, nursing homes, and other residential care facilities</li> </ul> <p>Actions by High-Risk Individuals</p> <ul style="list-style-type: none"> <li>Limit travel to only essential travel, as defined on page 5; if telework is not possible, limit travel to work-related travel only</li> <li>Limit visiting friends or family without urgent need</li> <li>Limit physical interactions with other high-risk individuals, except for members of your household or residence</li> <li>Limit attending gatherings of any number of people outside your household or residence</li> <li>Do not visit hospitals, nursing homes, or other residential care facilities</li> </ul>	<p>Interactions with High-Risk Individuals</p> <ul style="list-style-type: none"> <li>See “Households with vulnerable populations” guidelines on page 3</li> <li>Avoid physical interactions with high-risk individuals as much as possible</li> <li>No visits to hospitals, nursing homes, and other residential care facilities</li> </ul> <p>Actions by High-Risk Individuals</p> <ul style="list-style-type: none"> <li>Limit travel to only essential travel, as defined on page 5; if telework is not possible, limit travel to work-related travel only</li> <li>Limit visiting friends or family without urgent need</li> <li>Limit physical interactions with other high-risk individuals, except for members of your household or residence</li> <li>Limit attending gatherings of any number of people outside your household or residence</li> <li>Do not visit hospitals, nursing homes, or other residential care facilities</li> </ul>

<sup>3</sup> “High-risk individual” includes 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).

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Family Gatherings (e.g. funeral, wedding, religious ceremonies)	<ul style="list-style-type: none"> <li>Interactions allowable in larger groups, with strict hygiene measures and symptom monitoring</li> </ul>	<ul style="list-style-type: none"> <li>Decreased group sizes that enable all social distancing guidelines to be followed</li> </ul>	<ul style="list-style-type: none"> <li>Small groups of close family and friends may attend, as long as they have been following social distancing and hygiene practices for two weeks</li> </ul>	<ul style="list-style-type: none"> <li>Only members of the same household or residence may attend</li> </ul>
Public Space	<ul style="list-style-type: none"> <li>Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces)</li> <li>Provide hand sanitizer for individuals at entrance and exit</li> </ul>	<ul style="list-style-type: none"> <li>Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces)</li> <li>Provide hand sanitizer for individuals at entrance and exit</li> <li>Face coverings should be worn during interactions that take place within 6 feet of one another</li> <li>Recommended symptom checking in public interactions</li> </ul>	<ul style="list-style-type: none"> <li>Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces)</li> <li>Provide hand sanitizer for individuals at entrance and exit</li> <li>Design spaces to maintain 6-foot distance between individuals</li> <li>Face coverings should be worn in public</li> <li>Symptom checking in public and business interactions</li> </ul>	<ul style="list-style-type: none"> <li>Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces)</li> <li>Provide hand sanitizer for individuals at entrance and exit</li> <li>Design spaces to maintain 6-foot distance between individuals</li> <li>Face coverings should be worn in public</li> <li>Symptom checking in public and business interactions</li> </ul>
Use of Face Coverings	<ul style="list-style-type: none"> <li>Face coverings not necessary for the general public</li> </ul>	<ul style="list-style-type: none"> <li>Face coverings (e.g. mask, scarf, gaiter, bandana) should be worn during close interactions</li> <li>Launder cloth face coverings routinely</li> <li>Individuals should stay 6 feet away from others even when wearing a face covering</li> </ul>	<ul style="list-style-type: none"> <li>Face coverings (e.g. mask, scarf, gaiter, bandana) should be worn in public spaces in accordance with CDC's recommendations, especially when difficult to maintain 6-foot distance</li> <li>Launder cloth face coverings routinely</li> <li>Individuals should stay 6 feet away from others even when wearing a face covering</li> </ul>	<ul style="list-style-type: none"> <li>Face coverings (e.g. mask, scarf, gaiter, bandana) should be worn in public spaces in accordance with CDC's recommendations, especially when difficult to maintain 6-foot distance</li> <li>Launder cloth face coverings routinely</li> <li>Individuals should stay 6 feet away from others even when wearing a face covering</li> </ul>
Children	<ul style="list-style-type: none"> <li>Schools are open, with increased cleaning and hygiene regimen</li> <li>All symptomatic children should stay home from school and childcare</li> </ul>	<ul style="list-style-type: none"> <li>Schools are open, but follow distancing guidelines</li> <li>Increased cleaning and hygiene regimen</li> <li>All symptomatic children should stay home from school and childcare</li> <li>Limit child interaction with other children in public spaces (e.g. playground equipment); a 6-foot distance should be maintained</li> </ul>	<ul style="list-style-type: none"> <li>Do not attend school outside the home</li> <li>Do not arrange or participate in in-person playdates or similar activities</li> <li>Schools closed</li> <li>Schools may send home food</li> </ul>	<ul style="list-style-type: none"> <li>Do not attend school outside the home</li> <li>Do not arrange or participate in in-person playdates or similar activities</li> <li>Do not allow children on public playground equipment</li> <li>Schools closed</li> <li>Schools may send home food</li> </ul>
Food	<ul style="list-style-type: none"> <li>Dine-in services operating with hygiene practices followed</li> </ul>	<ul style="list-style-type: none"> <li>Dine-in services operating with adequate distance between tables</li> </ul>	<ul style="list-style-type: none"> <li>Carryout or delivery encouraged. Carryout and pickup services allowable with extreme precaution (see page 14)</li> <li>Decrease shopping frequency</li> <li>Schools may send home food</li> </ul>	<ul style="list-style-type: none"> <li>Do not dine out except for carryout or delivery</li> <li>Decrease shopping frequency</li> <li>Schools may send home food</li> </ul>
Travel	<ul style="list-style-type: none"> <li>Normal travel</li> </ul>	<ul style="list-style-type: none"> <li>Limit out of state travel, following destination guidelines<sup>4</sup> and avoiding areas of high exposure</li> </ul>	<ul style="list-style-type: none"> <li>Limit out of state travel, following destination guidelines<sup>4</sup> and avoiding areas of high exposure</li> </ul>	<ul style="list-style-type: none"> <li>Limit travel to essential travel only, following destination guidelines<sup>4</sup> and avoiding areas of high exposure</li> <li>Essential travel means travel to:</li> </ul>

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Travel				<ul style="list-style-type: none"> <li>• 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</li> <li>• care for a family member or friend in the same household or another household, including transporting family members or friends</li> <li>• transport a child according to existing parenting time schedules or other visitation schedules pertaining to a child in need of protective services</li> <li>• care for pets, including travel to a veterinarian</li> <li>• seek emergency services</li> <li>• obtain medications and medical services</li> <li>• donate blood</li> <li>• 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</li> <li>• perform work if you cannot telework</li> <li>• transport/delivery of essential goods</li> <li>• engage in recreational and outdoor activities</li> <li>• laundromats and dry cleaners</li> <li>• return to a home or place of residence</li> </ul>
Outdoors and Recreation	<ul style="list-style-type: none"> <li>• Resume activities, follow hygiene standards</li> </ul>	<ul style="list-style-type: none"> <li>• Remain at least six feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.)</li> <li>• Avoid touching high-touch surfaces, including handrails, trail signs, maps</li> <li>• Avoid congregate at trailheads, parks, or other outdoor spaces</li> <li>• Exhibit caution when engaging in close-contact or</li> </ul>	<ul style="list-style-type: none"> <li>• Remain at least six feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.)</li> <li>• Do not touch high-touch surfaces, including handrails, trail signs, maps</li> <li>• Do not congregate at trailheads, parks, or other outdoor spaces</li> <li>• Do not engage in close-contact or team sports</li> </ul>	<ul style="list-style-type: none"> <li>• Remain at least six feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.)</li> <li>• Do not touch high-touch surfaces, including handrails, trail signs, maps</li> <li>• Do not congregate at trailheads, parks, or other outdoor spaces</li> <li>• Do not engage in close-contact or team sports</li> </ul>

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<p>Outdoors and Recreation</p>		<p>team sports</p> <ul style="list-style-type: none"> <li>• One swimmer per lane, pools at 50% capacity, no congregating on pool decks</li> <li>• Follow guidelines for state and national parks</li> </ul>	<ul style="list-style-type: none"> <li>• One swimmer per lane, pools at 50% capacity, no congregating on pool decks</li> <li>• Follow guidelines for state and national parks</li> </ul>	<ul style="list-style-type: none"> <li>• Do not travel to, or participate in activities at, any of the following locations:             <ul style="list-style-type: none"> <li>• places of public amusement or public activity</li> <li>• public swimming pools</li> <li>• gyms, and fitness centers</li> </ul> </li> <li>• Do not go to or engage in activities at a state park located outside the county in which you reside (the availability of national parks will be determined in consultation with the National Park Service and the county in which the park is located)</li> </ul>
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