



Teton County Guidelines for the High-Risk Individuals During Red, Orange and Yellow Phase

<p>General</p>	<p>Follow any other standards set by the Centers for Disease Control and Prevention (CDC), the Wyoming Department of Health or Teton County Health Department</p> <p>Follow Strict Hygiene Standards, including:</p> <ul style="list-style-type: none"> • Wash hands with soap and water for at least 20 seconds as frequently as feasible • Use hand sanitizer (at least 60% alcohol based) when soap and water are not available • Cover coughs or sneezes into the sleeve or elbow, not hands • Regularly disinfect high-touch surfaces (buttons, door handles, counters, etc.) • Avoid touching your face • Stay home when sick <p>Follow Physical Distancing Measures:</p> <ul style="list-style-type: none"> • Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing • Always maintain a 6-foot distance from other individuals when in public • Refrain from shaking hands with other individuals • Do not visit friends or family without urgent need • Do not attend large gatherings • Phone and video chats are encouraged in place of in-person meetings
<p>High-Risk Individuals</p>	<p>See CDC recommendations for "People Who Need Extra Precautions" to obtain more specific guidance for high-risk individuals.</p> <p>“High-risk individuals” are identified as those 65 years of age and older, those living in a nursing home or long-term care facility and those of all ages with underlying medical conditions particularly if not well controlled. These medical conditions include: people with chronic lung disease, moderate to severe asthma, serious heart conditions, diabetes, severe obesity, chronic kidney disease undergoing dialysis, liver disease, or otherwise immunocompromised (undergoing cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications). There is also research that supports higher risk for severe illness for those that smoke or vape. While pregnant women seem to have the same risk as adults who are not pregnant, pregnant women should protect themselves from exposure to COVID-19 and should take similar precautions as high-risk individuals.</p> <p>Households with high-risk individuals should consider providing more intensive precautions and should conduct themselves as if they are a significant risk to the high-risk individual by:</p> <ul style="list-style-type: none"> • Wearing a cloth face covering • Frequently washing hands before interacting with the person, including feeding or caring for the person • Providing a protected space for the high-risk household members, if possible • Ensuring all utensils and surfaces are regularly disinfected • Those who are, or work with, high-risk populations should undergo daily screening/symptom monitoring and should be tested if they develop COVID-19 symptoms • High-risk populations should take extra precaution to avoid close contact with multiple people, including having the same caretakers whenever possible
<p>Households with Sick Family Members</p>	<ul style="list-style-type: none"> • Give sick members their own room if possible and keep the door closed • Consider providing additional protections or more intensive care for high-risk household members; see CDC guidance for caring for a sick family member at home • Have only one family member care for them



Tiered Guidelines for the High-Risk Individuals

Category	High Risk	Moderate Risk	Low Risk	New Normal Risk
Interactions with High-Risk Individuals	<ul style="list-style-type: none"> Avoid physical interactions with high-risk individuals as much as possible No visits to hospitals, nursing homes and other residential care facilities 	<ul style="list-style-type: none"> Avoid physical interactions with high-risk individuals as much as possible Avoid visits to hospitals, nursing homes and other residential care facilities 	<ul style="list-style-type: none"> No symptomatic individuals should interact with high-risk individuals Limit visitors to hospitals, nursing homes and other residential care facilities 	<ul style="list-style-type: none"> No Symptomatic individuals should interact with high-risk individuals Take proper precautions (like wearing a cloth face covering) when visiting hospitals, nursing homes and other residential care facilities
Actions by High-Risk Individuals	<ul style="list-style-type: none"> Wear cloth face coverings at all times in public settings If possible, telework Limit travel to essential trips only (see travel category below for definition), or to work-related travel if telework is not possible 	<ul style="list-style-type: none"> Wear cloth face coverings at all times in public settings If possible, telework Limit travel to essential trips only (see travel category below for definition), or to work if telework is not possible Limit visiting family or friends without an urgent need Limit physical interactions with other high-risk individuals, except for members of your household Limit attending gatherings of any number of people outside your household Do not visit hospitals, nursing homes or other residential care facilities 	<ul style="list-style-type: none"> Wear cloth face coverings at all times in public settings If possible, telework Limit travel to essential trips only (see travel category below for definition), or to work if telework is not possible Limit visiting family or friends without an urgent need Limit physical interactions with other high-risk individuals, except for members of your household Limit attending gatherings of any number of people outside your household Limit visits to hospitals, nursing homes or other residential care facilities 	<ul style="list-style-type: none"> Wear cloth face coverings at all times in public settings Take proper precautions when visiting hospitals, nursing homes, and other residential care facilities
Use of Face Coverings	<ul style="list-style-type: none"> Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing Launder cloth face coverings routinely Individuals should stay 6 feet away from others even when wearing a cloth face covering 	<ul style="list-style-type: none"> Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing Launder cloth face coverings routinely Individuals should stay 6 feet away from others even when wearing a cloth face covering 	<ul style="list-style-type: none"> Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing Launder cloth face coverings routinely Individuals should stay 6 feet away from others even when wearing a cloth face covering 	<ul style="list-style-type: none"> Cloth face coverings not necessary for the general public, but still recommended for high-risk individuals and those individuals who work with or interact with high-risk individuals
Travel	<ul style="list-style-type: none"> Limit travel to essential travel only. Self-Quarantine for 14 days upon return to Wyoming Essential Travel trips can include: Perform tasks essential to their health and safety, or for the health and safety of their household members or pets, including, by example and without limitation, obtaining medical supplies or medication or visiting a health care professional Care for a family member or pet in another household Obtain necessary supplies for self or household members (including, by example and without limitation, groceries, food, liquor, sporting goods, and products necessary to maintain the safety 	<ul style="list-style-type: none"> Limit Travel to essential travel, self-monitor symptoms 14 days upon return; avoid areas of high exposure 	<ul style="list-style-type: none"> Travel restrictions mostly lifted, avoid areas of high transmission Self-monitor symptoms 14 days upon return 	<ul style="list-style-type: none"> Normal travel, avoid areas of high exposure Self-monitor symptoms 14 days upon return



Category	High Risk	Moderate Risk	Low Risk	New Normal Risk
	sanitation, and essential operation of a residence) <ul style="list-style-type: none"> • Deliver necessary supplies (including, by example and without limitation, groceries, food, liquor, sporting goods, and products necessary to maintain the safety, sanitation, and essential operation of a residence 			

Additional Guidelines for High-Risk Individuals During Red, Orange, Yellow, and Green Phases

As we continue efforts to understand the characteristics of COVID-19 and move through a phased approach to reopen the economy, special emphasis must be placed on behaviors that help protect high-risk individuals. This will enable the public health strategy to transition from guidelines that affect entire population to targeted interventions that protect high-risk individuals. Populations who need to consider special instructions are:

- Individuals who have high-risk health conditions but want to return to work
- Individuals who are served in long-term care facilities such as assisted living centers, nursing homes, etc.
- Individuals who work with high-risk populations
- Individuals who are high-risk (due to age or other factors), are home-bound or who choose to stay home

Based on Centers for Disease Control (CDC) guidance, high-risk individuals are identified as those 65 years of age or older, those living in a nursing home or long-term care facility and those of all ages with underlying medical conditions, particularly if not well-controlled. These medical conditions include: people with chronic lung disease, moderate to severe asthma, serious heart conditions, diabetes, severe obesity, chronic kidney disease undergoing dialysis, liver disease, or otherwise immunocompromised (undergoing cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications). There is also research that supports higher risk for severe illness for those that smoke or vape. While pregnant women seem to have the same risk as adults who are not pregnant, pregnant women should protect themselves from exposure to COVID-19 and should take similar precautions as high-risk individuals.

How we can protect high-risk individuals:

- Wear cloth face coverings/masks when within a 6-foot distance of others
- Follow proper hygiene standards and physical distancing guidelines, especially around high-risk individuals
- Hospitals, nursing homes, long-term care facilities and other residential care facilities will develop plans that restrict visitors, regularly check health care workers and residents for fevers and symptoms, and limit activities within the facility to keep patients/residents safe
- Retail settings create an established window of time for high-risk groups to come in without pressure from crowds, including special pharmacy hours



- Workplaces minimize face-to-face contact, assign tasks that allow high-risk individuals to maintain a 6-foot distance from other workers or customers, or allow them to telework
- Those who are, or work with, high-risk populations should undergo daily screening/symptom monitoring and should be tested if they develop symptoms
- Households with high-risk individuals should consider providing more intensive precautions and should conduct themselves as if they are a significant risk to the high-risk individual, including wearing a cloth face covering and frequently washing hands before interacting with the person. If possible, provide a protected space for the high-risk household members, and ensure all utensils and surfaces are regularly disinfected

HOW HIGH-RISK INDIVIDUALS CAN PROTECT THEMSELVES:

See CDC recommendations for ["People Who Need Extra Precautions"](#) to obtain more specific guidance for high-risk individuals.

- Limit travel; if telework is not possible, limit travel to work-related travel only
- Limit visiting friends or family
- Limit attending gatherings with people outside your household or residence, especially with other high-risk individuals
- Do not visit hospitals, nursing homes, or other residential care facilities
- High-risk populations should take extra precaution to avoid close contact with multiple people, including using the same caretakers whenever possible
- Make special arrangements for delivery of pharmaceuticals and groceries if needed

By taking extra precautions, we can protect even the most vulnerable around us, and stay healthy together.