



Teton County Guidelines for the General Public During Red, Orange and Yellow Phase

Category	Recommendations
General	<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
High-Risk Individuals	<p>Please Read Teton County Health Department’s Appendix C- Guidelines for High-Risk Individuals for more information. Also 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 of 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
Households with Sick Family Members	<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



Overview of Guidelines for the General Public

High Risk

Moderate Risk

Low Risk

New Normal Risk

Intensity of Disruption	<div style="display: flex; justify-content: space-between; width: 100%;"> 12345678910 </div>	<div style="display: flex; justify-content: space-between; width: 100%;"> 12345678910 </div>	<div style="display: flex; justify-content: space-between; width: 100%;"> 12345678910 </div>	<div style="display: flex; justify-content: space-between; width: 100%;"> 12345678910 </div>
<p>Overview of Guidelines for General Public</p>	<p>General Public Should Take Extreme Precautions</p> <ul style="list-style-type: none"> Limit interactions to people in your household Phone and video chats are encouraged in place of in-person meetings Essential travel only Limit out-of-state travel, quarantine 14 days upon return <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 	<p>General Public Should Take Extreme Precautions</p> <ul style="list-style-type: none"> Leave home infrequently, stay 6 feet away from others when outside the home Interactions in decreased group sizes that enable all social distancing guidelines to be maintained. Limit the number of people to comply with group gathering size limits dictated in current health order. Phone and video chats are encouraged in place of in-person meetings In-person interactions limited to those who have been following the physical distancing/ hygiene guidelines. Limit Travel to essential travel, self-monitor symptoms 14 days upon return; avoid areas of high exposure <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 	<p>General Public Should Take Reasonable Precautions</p> <ul style="list-style-type: none"> Interactions in decreased group sizes that enable all social distancing guidelines to be maintained. Limit the number of people to comply with group gathering size limits dictated in current health order. Travel restrictions mostly lifted, avoid areas of high transmission; self-monitor symptoms 14 days upon return In-person meetings where physical distancing measures can be followed <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 	<p>General Public Should Take Reasonable Precautions</p> <ul style="list-style-type: none"> Normal travel, avoid areas of high exposure; self-monitor symptoms 14 days upon return <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



		<ul style="list-style-type: none">• Do not attend large gatherings	<ul style="list-style-type: none">• Do not attend large gatherings	
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Tiered Guidelines for the General Public

Category	High Risk	Moderate Risk	Low Risk	New Normal Risk
Interactions with High-Risk Individuals See Guidelines for High-Risk Populations for more Information	<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 limit travel 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
Family Gatherings (e.g. funeral, wedding, religious ceremonies)	<ul style="list-style-type: none"> Only members of the same household 	<ul style="list-style-type: none"> Limit the number of people to comply with group gathering size limits dictated in current health order. 	<ul style="list-style-type: none"> Limit the number of people to comply with group gathering size limits dictated in current health order. 	<ul style="list-style-type: none"> Interactions allowable in larger groups, with strict hygiene measures and symptom monitoring
Public Space	<ul style="list-style-type: none"> Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces) Provide hand sanitizer for individuals at entrance and exit Design spaces to maintain 6-foot distance between individuals Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing 	<ul style="list-style-type: none"> Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces) Provide hand sanitizer for individuals at entrance and exit Design spaces to maintain 6-foot distance between individuals Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing 	<ul style="list-style-type: none"> Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces) Provide hand sanitizer for individuals at entrance and exit Wear a cloth face covering in public when you cannot maintain the 6-foot physical distance spacing 	<ul style="list-style-type: none"> Regularly disinfect high-touch areas (e.g. door handles, buttons/switches, handrails, shopping carts, check-out counters, restroom surfaces) Provide hand sanitizer for individuals at entrance and exit



Category	High Risk	Moderate Risk	Low Risk	New Normal Risk
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
Children	<ul style="list-style-type: none"> Schools are closed Do not arrange or participate in in-person playdates or similar activities Do not allow children on public playground equipment Schools may send home food 	<ul style="list-style-type: none"> Follow local policy on school closure Do not arrange or participate in in-person playdates or similar activities Do not allow children on public playground equipment Schools may send home food All symptomatic children should stay home from school and childcare 	<ul style="list-style-type: none"> Follow local policy on school closure Increased cleaning and hygiene regimen All symptomatic children should stay home from school and childcare Limit child interaction with other children in public spaces (e.g. playground equipment); a 6-foot distance should be maintained 	<ul style="list-style-type: none"> All symptomatic children should stay home from school and childcare
Food	<ul style="list-style-type: none"> Do not dine out except for carryout or delivery Decrease shopping frequency Schools may send home food 	<ul style="list-style-type: none"> Carryout or delivery encouraged. Do not dine-in if experiencing symptoms, sit only with household members and stay 6 ft. away from other diners. Decrease shopping frequency Schools may send home food Do not share silverware, drinkware, etc. 	<ul style="list-style-type: none"> Carry out or delivery encouraged. Dine-in services allowed with precautions 	<ul style="list-style-type: none"> Dine-in services allowed with precautions
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, sanitation, and essential operation of a residence). Deliver necessary supplies (including, by example and without limitation, groceries, food, liquor, 	<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
	<p>sporting goods, and products necessary to maintain the safety, sanitation, and essential operation of a residence.</p>			
<p>Outdoors and Recreation</p>	<ul style="list-style-type: none"> • Remain at least 6-feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.) • Do not touch high-touch surfaces, including handrails, trail signs, maps • Do not congregate at trailheads, parks, or other outdoor spaces • Do not engage in close-contact or team sports • Do not travel to, or participate in activities at, any of the following locations: <ul style="list-style-type: none"> • places of public amusement or public activity • public swimming pools • gyms and fitness centers • Do not go to or engage in activities located outside the county in which you reside (the availability of national parks will be determined in consultation with the National Park Service) 	<ul style="list-style-type: none"> • Remain at least 6-feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.) • Do not touch high-touch surfaces, including handrails, trail signs, maps • Do not congregate at trailheads, parks, parking lots or other outdoor spaces • Do not engage in indoor close-contact or team sports • Follow guidelines for state and national parks 	<ul style="list-style-type: none"> • Remain at least 6-feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, bicycling, hunting, fishing, etc.) • Avoid contact with high-touch surfaces, including handrails, trail signs, maps • Avoid congregation at trailheads, parks, parking lots, or other outdoor spaces • Exhibit caution when engaging in close-contact or team sports, including symptom checking of participants • Pools operate at 50% capacity, one swimmer per lane, no congregating on pool decks • Follow guidelines for state and national parks 	<ul style="list-style-type: none"> • Resume activities, follow hygiene standards