



Protecting High-Risk Individuals

Health Guidelines



A color-coded health guidance system has been developed by the State of Utah to guide health behaviors for individuals and businesses. Each level of the dial is guided by a rigorous measurement system which can be different by each region, county, city, or community.

In every color, high-risk individuals operate under stricter instructions because they are more likely to suffer severe illness from COVID-19.

While Utah has moved to the moderate risk phase, individuals in high-risk categories, including older adults and those who are immunocompromised, should continue to follow “high risk” protocols, and exercise all possible caution. Individuals who work or live with persons in high-risk categories should also continue following “high risk” guidance.

High-Risk Individuals:

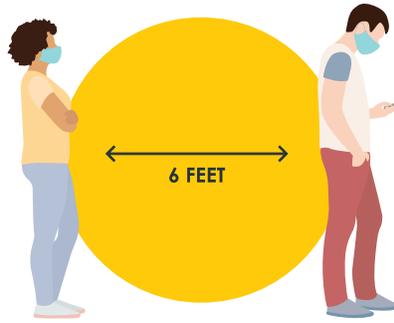
- ✓ People aged 65 years and older.
- ✓ People who live in a nursing home or long-term care facility.
- ✓ People with chronic lung disease or moderate to severe asthma.
- ✓ People who have serious heart conditions.
- ✓ People who are immunocompromised including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, people living with HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- ✓ People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease.
- ✓ People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.



Guidelines for high-risk individuals:



Face masks worn at all times in public settings.



Stay home as much as possible. If you must go into public settings stay at least 6-feet from others.



Wash your hands often.



Limit travel to only essential travel, if telework is not possible, limit travel to work-related travel only.



Emergency care, routine doctor visits, and medication pick-up is allowed.



Limit visiting friends or family without urgent need.



Limit physical interactions with other high-risk individuals, except for members of your household or residence.



Limit attending gatherings of any number of people outside your household or residence.



Do not visit others in hospitals, nursing homes, or other residential care facilities.

