

# Phased Guidelines for the General Public and Businesses to Maximize Public Health and Economic Reactivation Version 4.11

This is an addendum to [Utah Leads Together 2.0](https://coronavirus.utah.gov/utah-leads-together/)<sup>1</sup>. The Governor’s Office of Management and Budget and the Utah Department of Health, with assistance from Leavitt Partners, have developed recommendations to support the roadmap for reactivation of the Utah economy while stabilizing public health.

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<sup>1</sup> <https://coronavirus.utah.gov/utah-leads-together/>

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

## How to Read This Document

Each color in the color-coded system represents the overall restriction level based on the effect COVID-19 is having on communities throughout our state.

Utah’s leadership, state agencies, and our public and private partners look at the data every day and work together to make sure Utahns have the best recommendations as we try to navigate through the unknown. When you are looking at these recommendations, please remember the colors do not represent your risk of being exposed to the COVID-19 virus. The colors are based on how many restrictions are in place during each color phase. All of the different aspects of our lives are dependent on each other: our health, our jobs, the safety and economic futures of our children.

This document gives strategies you can use to slow the spread of the virus and lessen the impact of COVID-19 in your community based on the risk. There much we don’t yet know about this virus. These recommendations change as we learn more.

Color-coded restriction	How restrictive are the recommendations?	When should you follow the color-coded recommendations?
Guidance that stretches across all colors	<ul style="list-style-type: none"> <li>• These recommendations are generally not restrictive.</li> <li>• They are precautions every Utahn and employer should take.</li> </ul>	<ul style="list-style-type: none"> <li>• You should follow these recommendations throughout the pandemic, no matter what color your community is in.</li> <li>• You should also practice these recommendations when you are at work or travel.</li> </ul>
High Level of Restriction (red)	Most restrictive	Individuals and organizations are required to follow these recommendations if the community you live in is in a High Level of Restriction (red) or if you work in or visit a community in a High Level of Restriction.
Moderate Level of Restriction (orange)	Somewhat restrictive	Individuals and organizations are required to follow these recommendations if the community you live in is in a Moderate Level of Restriction (orange) or if you work in or visit a community in a Moderate Level of Restriction.
Low Level of Restriction (yellow)	Very little restrictions, some extra precautions	Individuals and organizations are required to follow these recommendations if the community you live in is in a Low Level of Restriction (yellow) or if you work in or visit a community in a Low Level of Restriction.
Minimal Level of Restriction (green)	Little, if any, restrictions, some extra precautions	Individuals and organizations are required to follow these recommendations if the community you live in is in a Minimal Level of Restriction (green) or if you work in or visit a community in a Minimal Level of Restriction.

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

## General Health Guidelines for the Public and Employers

COVID-19 is more likely to spread when more people are out in the community. It is very important to use caution and protect yourself and others when you are in public and at work.

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

<p><b>What you need to know about COVID-19 testing and symptoms</b></p>	<p>If you have one or more symptoms of COVID-19, you should get tested. To find a testing location near you, visit <a href="https://coronavirus.utah.gov/testing-locations/">https://coronavirus.utah.gov/testing-locations/</a>.</p> <p>Symptoms of COVID-19:</p> <ul style="list-style-type: none"> <li>• Fever of 100.4°F (38°C) or higher</li> <li>• Cough</li> <li>• Shortness of breath or trouble breathing</li> <li>• Sore throat</li> <li>• Change in sense of taste or smell</li> <li>• Muscle aches or pains</li> </ul>
<p><b>Hygiene practices you should follow</b></p>	<p>Good hygiene practices are some of the best ways to fight any illness. This includes COVID-19. You should follow normal hygiene practices when you are at work and at home.</p> <ul style="list-style-type: none"> <li>• Stay home when you are sick.</li> <li>• Try not to touch your eyes, nose, or mouth with unwashed hands.</li> <li>• Wash your hands often for 20 seconds with soap and water. If you do not have soap and water, use hand sanitizer that has at least 60% alcohol.</li> <li>• Cough or sneeze into your elbow or a tissue. Do not use your hands.</li> <li>• Do not shake hands or touch other people. Use other ways to greet people without touching.</li> <li>• Try not to touch surfaces many people touch.</li> </ul> <p>Wash your hands:</p> <ul style="list-style-type: none"> <li>• After you cough or sneeze.</li> <li>• After you use the restroom.</li> <li>• Before you eat or make food.</li> <li>• After you touch animals or pets.</li> <li>• Before and after you care for another person who needs help, such as a child.</li> <li>• Before and after your work shifts.</li> <li>• Before and after you take breaks at work.</li> <li>• After you put on, touch, or take off a cloth face covering.</li> </ul> <p>Hand Sanitizer</p> <ul style="list-style-type: none"> <li>• Children younger than 6 years old should not use hand sanitizer without adult supervision.</li> <li>• Always store hand sanitizer out of reach of children and pets.</li> <li>• Keep hand sanitizers away from fire or flame.</li> </ul>

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

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

<p><b>When do you need to practice physical distancing (also called social distancing)?</b></p>	<p>COVID-19 is most easily spread by close contact between people.</p> <p>You should try to practice physical distancing as much as you can. This means you should stay at least 6 feet or 2 meters (about 2 arm lengths) away from other people when you are in public or at work if possible.</p>
<p><b>When should you wear a face covering?</b></p>	<p>COVID-19 spreads mainly from person to person through respiratory droplets when an infected person coughs, sneezes, or talks. COVID-19 can be spread by people who do not have symptoms and do not know that they are sick.</p> <ul style="list-style-type: none"> <li>• It is important for everyone to wear a cloth face covering when they can't practice physical distancing. Cloth face coverings provide an extra layer to help stop respiratory droplets from traveling in the air and onto other people.</li> <li>• When you wear a face covering, your risk of getting sick with COVID-19 is decreased. Wearing a face covering also helps prevent the spread of COVID-19.</li> <li>• You should wear a cloth face covering if you are in close contact with someone who is at higher-risk of severe illness from COVID-19.</li> <li>• Do not use cloth face coverings on children younger than age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without help.</li> <li>• All students, employees, and visitors in the K-12 public education sector must wear a face covering when they are in school or on school property (including buses), except as outlined in the public health order or the "exceptions to face coverings in K-12 education sector" section below. The face covering mandate also applies to anyone entering a school or on school property. For more information about the public health order requiring face coverings in K-12 schools visit <a href="https://governor.utah.gov/2020/07/20/governor-issues-executive-order-adopting-updated-phased-guidelines-and-the-state-health-department-issues-public-health-order-mandating-masks-in-all-k-12-schools/">https://governor.utah.gov/2020/07/20/governor-issues-executive-order-adopting-updated-phased-guidelines-and-the-state-health-department-issues-public-health-order-mandating-masks-in-all-k-12-schools/</a></li> </ul>
<p><b>Exceptions to face coverings in K-12 education sector</b></p>	<p>Exceptions to the public health order requiring face coverings for K-12 may be changed based on the spread of the virus in the community.</p> <p>Students, employees, and visitors are not required to wear face coverings when:</p> <ul style="list-style-type: none"> <li>• Individuals are outdoors and can stay 6 feet away from others. <ul style="list-style-type: none"> <li>○ Individuals are less likely to be exposed to COVID-19 when they are outdoors. However, there is still a risk of exposure if people are in close contact. To reduce this risk when individuals are not required to wear face coverings, schools should try to keep the same groups of students together as much as possible (cohorts), practice physical distancing as much as possible, and have students and employees wash their hands with soap and water for 20 seconds before and after recess. If soap and water are not available, hand sanitizer with at least 60% alcohol may be used.</li> </ul> </li> <li>• Individuals are eating or drinking and can stay 6 feet away from others.</li> <li>• Individuals who are younger than 3 years of age.</li> <li>• Individuals have a medical condition, mental health condition, or disability that prevents him or her from wearing a face covering.</li> <li>• Individuals who are unconscious, incapacitated, or otherwise unable to remove a face covering without help.</li> <li>• Seeing a person's mouth is essential for communication such as for individuals who are deaf or hard of hearing or when students and teachers are in speech therapy.</li> <li>• Individuals who have an Individualized Education Program (IEP) or Section 504 accommodation that would exempt him or her wearing a face covering.</li> <li>• A face covering must be temporarily removed to provide or receive a service involving the person's nose or face, such as speech therapy.</li> <li>• Individuals are participating in a school-sponsored activity or physical education class and are unable to reasonably participate while wearing a mask. <ul style="list-style-type: none"> <li>○ Check each participant in school sponsored activities for symptoms before participating.</li> <li>○ Ask participants if they have been in close contact with someone who tested positive for COVID-19 in the last 2 weeks (14 days).</li> <li>○ Take participants' temperature if you can.</li> </ul> </li> </ul>

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

## Who is at Higher-Risk for Severe Illness from COVID-19?

People of any age with underlying medical conditions such as:

- Bone marrow or organ transplant
- Cancer treatment or taking medicines that weaken your immune system, like corticosteroids
- Chronic lung disease
- Diabetes
- Hemoglobin disorders (sickle cell disease and thalassemia)
- Hypertension or high blood pressure
- Immune system deficiencies or HIV
- Smoking
- Kidney disease that needs dialysis
- Liver disease
- Moderate to severe asthma
- Neurologic conditions, such as dementia
- Obesity (BMI greater than 30)
- Pregnancy
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies

Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.

	High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction	
What should you do to protect yourself if you are at higher risk?	If you are at higher risk, it is very important to use caution and protect yourself in public and at work. COVID-19 is more likely to spread when more people are out in the community.				
	<ul style="list-style-type: none"> <li>• Try to work from home if you can. If not, stay at least 6 feet away from other people.</li> <li>• Limit close contact with people who do not live in your home who are also at higher risk.</li> <li>• Do not get close to people who are sick or have symptoms of COVID-19.</li> <li>• Use caution when you are in close contact with people in public, when you go to public places, and if you are in close contact with people who have not been physical distancing.</li> <li>• Try to practice physical distancing as much as you can. Always practice good hygiene and watch for symptoms of COVID-19. Get tested if you get symptoms of COVID-19.</li> <li>• Avoid any nonessential travel. If you must travel, use caution and follow the CDC travel recommendations. The CDC travel recommendations can be found at <a href="https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html">https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html</a>.</li> </ul>	Wear a face covering at all times in public.	Wear a face covering at all times in public.	Wear a face covering when you are in close contact with people who do not live in your home. Ask visitors to wear a face covering if they come to your home.	Wear a face covering when you are in close contact with people who do not live in your home. Ask visitors to wear a face covering if they come to your home.
	<ul style="list-style-type: none"> <li>• Only visit friends or family if you must.</li> <li>• Try not to go to gatherings where there are people who do not live in your home.</li> </ul>	<ul style="list-style-type: none"> <li>• Only visit friends or family if you must.</li> <li>• Try not to go to gatherings where there are people who do not live in your home.</li> </ul>	Keep groups to 20 people or fewer. Group size may increase little by little when the data shows we do not need as much social distancing.	No restrictions on group size.	

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

	Do not visit hospitals, nursing homes, or other residential care facilities.	Do not visit hospitals, nursing homes, or other residential care facilities.	Use caution and limit visits to hospitals, nursing homes, or other residential care facilities.	Use caution when visiting hospitals, nursing homes, or other residential care facilities.
<b>What should you know about close contact with someone who is at higher risk?</b>	<ul style="list-style-type: none"> <li>Do not get in close contact with someone who is at higher risk if you are sick or have symptoms of COVID-19. You also do not want to get in close contact with someone who is at higher risk if you had close contact with a person who tested positive for COVID-19 in the last 14 days.</li> <li>Practice physical distancing as much as you can. You should always practice good hygiene, wear a face covering, and watch for symptoms of COVID-19 when you are with someone at higher risk.</li> <li>Watch for symptoms of COVID-19 if you work with people who are at higher-risk. Get tested if you get symptoms.</li> <li>It is important to remind children to wash their hands before they touch someone who is at higher risk.</li> </ul>			
	Try not to have close contact with people who are at higher risk as much you can.	Try not to have close contact with people who are at higher risk as much you can.	Use caution when you get in close contact with someone who is at higher risk.	Use caution when you get in close contact with someone who is at higher risk.
	Do not visit hospitals, nursing homes, and other residential care facilities.	Do not visit hospitals, nursing homes, and other residential care facilities.	<ul style="list-style-type: none"> <li>Limit visits to hospitals.</li> <li>Do not visit nursing homes and other residential care facilities.</li> </ul>	Learn and follow the facility's guidance if you visit a hospital, nursing home, or other residential care facility.
<b>What should you do if you live with someone who is at higher risk?</b>	<ul style="list-style-type: none"> <li>COVID-19 spreads easily and you can spread the virus even if you don't have symptoms. You may be infected and not even know you are sick.</li> <li>If you live with or care for someone who is at higher-risk for COVID-19, it is important you take extra precautions to keep them safe.</li> <li>Wash your hands before you come in close contact with someone who is at higher-risk. You should wash your hands before you feed or provide care to someone who is at higher-risk.</li> <li>People who are at higher-risk should stay in a different room or space if they can. He or she should use a different bathroom if possible. Clean high-touch surfaces often (door handles, light switches, bathrooms, countertops).</li> <li>Watch for symptoms of COVID-19 if you live with someone who is at higher-risk. Get tested if you get symptoms.</li> </ul> <p>For more CDC guidance for higher-risk populations, visit <a href="https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html">https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html</a></p>			

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

## What Should All Utahns Do to Protect Themselves and Others from COVID-19 in Public Places?

COVID-19 is more likely to spread when more people are out in the community. It is very important to use caution and protect yourself and others when you are in public and at work.

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

<p><b>What should you do to keep everyone safe in social settings, public places, and family gatherings (funerals, weddings, religious ceremonies)?</b></p>	<p>Use caution when you are in public places, social settings, and at family gatherings. If you follow the guidance when you are in public, it not only keeps you safe but helps keep others safe as well.</p> <ul style="list-style-type: none"> <li>Do not go to public places or social gatherings if you are sick or have symptoms of COVID-19.</li> <li>Practice good hygiene, physical distance, wear a face covering, and watch for symptoms of COVID-19 in yourself and others when you go to public places or where there are groups of people. Do not get in close contact with someone who is sick or has symptoms of COVID-19.</li> </ul>			
<p><b>What should you do to keep children safe in public places, including on playgrounds?</b></p>	<ul style="list-style-type: none"> <li><b>Keep groups to 10 people or fewer.</b> Group size may increase when the data shows we do not need as much social distancing.</li> <li>Limit your close contact to people who live in your home. Try to keep in touch virtually, if you can.</li> <li>Essential travel only. Leave home as little as you can.</li> </ul>	<ul style="list-style-type: none"> <li><b>Keep groups to 20 people or fewer.</b> Group size may increase when the data shows we do not need as much social distancing.</li> <li>Limit your close contact to people who live in your home and people who have been following the recommended physical distancing and hygiene guidelines. Try to keep in touch virtually if you can.</li> </ul>	<p><b>Keep groups to 50 people or fewer.</b> Group size may increase when the data shows we do not need as much social distancing.</p>	<p><b>No restrictions on group size.</b></p>
	<p>Children should not have in-person playdates or activities where they will be in close contact with other children.</p>	<p>Children should not have in-person playdates or activities where they will be in close contact with other children.</p>	<p>Children should try to physical distance from other children in public spaces (such as on playground equipment).</p>	<p>Children should try to physical distance from other children in public spaces (such as on playground equipment).</p>

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

## High Level of Restriction

Do not allow children on public playgrounds.

## Moderate Level of Restriction

Do not allow children on public playgrounds.

## Low Level of Restriction

How to clean outdoor areas, like playgrounds:

- Do your regular cleaning on these areas. You do not need to disinfect them.
- Do not spray disinfectant on outdoor playgrounds. This is not a good use of your supplies because disinfecting outdoor equipment is not proven to reduce the risk of COVID-19. Clean high-touch surfaces made of plastic or metal often (grab bars, railings).
- You do not need to clean and disinfect wooden surfaces (play structures, benches, tables) or ground covers (mulch, sand).
- You should not disinfect sidewalks and roads. Spread of COVID-19 from these surfaces is very low.

## Minimal Level of Restriction

How to clean outdoor areas, like playgrounds:

- Do your regular cleaning on these areas. You do not need to disinfect them.
- Do not spray disinfectant on outdoor playgrounds. This is not a good use of your supplies because disinfecting outdoor equipment is not proven to reduce the risk of COVID-19. Clean high-touch surfaces made of plastic or metal often (grab bars, railings).
- You do not need to clean and disinfect wooden surfaces (play structures, benches, tables) or ground covers (mulch, sand).
- You should not disinfect sidewalks and roads. Spread of COVID-19 from these surfaces is very low.



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

## Religious Services

Considerations for faith groups returning to in-person religious services

Governor Herbert recognizes the importance of faith groups during these difficult times. Under the Orange (Moderate Restriction Level), Yellow (Low Restriction Level), and Green (Minimal Restriction Level) Utah COVID-19 Health Risk Status Phased Guidelines, faith groups are able to hold in-person religious services of any size as long as a distance of at least 6 feet is kept between household groups. The 6-foot distance requirement is the only limit of the Phased Guidelines on the number of people who can participate in an in-person religious service.

The following are provided as considerations for faith groups and individuals returning to in-person religious services. These considerations were prepared in consultation with a working group of faith leaders representing the rich diversity of faiths in Utah. These considerations are also consistent with ongoing messaging from the Utah Department of Health and are consistent with the best available medical science.

These considerations are not binding on any faith group and should not be construed as an attempt to regulate religious practices. They are provided as information so that individuals can make decisions to protect themselves and others from COVID-19. Each faith group will decide for itself when to resume in-person religious services.

### High Level of Restriction

### Moderate Level of Restriction

### Low Level of Restriction

### Minimal Level of Restriction

Face coverings	Wear a face covering when you can't stay 6 feet away from people who do not live in your home.			
Seating arrangements	Recommend streamed services to households.	<ul style="list-style-type: none"> <li>• Arrange seating so there is at least 6 feet between people who do not live in the same home.</li> <li>• Limit the number of people in small areas so people can stay 6 feet from others who do not live in their home.</li> </ul>	<ul style="list-style-type: none"> <li>• Arrange seating so there is at least 6 feet between people who do not live in the same home.</li> <li>• Limit the number of people in a confined area to enable adequate 6-foot distancing at all times between each household group.</li> </ul> <p>If you consider filling each seat or standing space:</p> <ul style="list-style-type: none"> <li>• Physical distance as much as possible.</li> <li>• Wear a face covering if you can't physically distance.</li> <li>• Track attendance and seating assignments. This can help with contact tracing.</li> <li>• Have someone responsible for cleaning and sanitizing high-touch areas.</li> </ul>	Places of worship are encouraged to consider the guidelines from page 7 and principles from the general guidelines on page 11.

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

	High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<b>Hygiene practices for religious services</b>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Do not eat group meals that are not part of the religious service.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Do not eat group meals that are not part of the religious service.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Do not eat group meals that are not part of the religious service.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Use caution if you eat group meals that are not part of the religious service.</li> </ul>
<b>Considerations for people at higher risk</b>	<ul style="list-style-type: none"> <li>Limit going to gatherings where there are people who do not live in your home, including religious services.</li> <li>Wear a face covering at all times in public</li> </ul>	<ul style="list-style-type: none"> <li>Limit going to gatherings where there are people who do not live in your home, including religious services.</li> <li>Wear a face covering at all times in public</li> </ul>	<ul style="list-style-type: none"> <li>Limit going to gatherings where there are people who do not live in your home, including religious services.</li> <li>Wear a face covering at all times in public</li> </ul>	<ul style="list-style-type: none"> <li>Use caution when you go to gatherings where there are people who do not live in your home, including at religious services.</li> <li>Wear a face covering when you are in close contact with people who do not live in your home.</li> </ul>
<b>Considerations for faith group leaders organizing an in-person religious service</b>	<ul style="list-style-type: none"> <li>Take steps to keep people from gathering in groups in the lobby or meeting areas. Ask people to keep 6 feet between them and others who do not live in their home.</li> <li>Post signs in common areas to remind people to practice physical distancing.</li> <li>Have a set time, or a separate entrance, for people who are at a higher risk to enter and leave without being in close contact with others.</li> <li>Make gatherings smaller by having more meeting times.</li> <li>Stream services so people can participate virtually.</li> <li>Disinfect high-touch surfaces more often.</li> </ul>			

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

## What Should Every Employer Do?

Industry-specific guidelines are located in the next section.

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

Sick leave	<ul style="list-style-type: none"> <li>• One of the easiest ways to protect your business is to ask sick employees to stay home. Many employees are scared to take time off if they are sick for fear of losing their job or income while they get better.</li> <li>• Employees may also be scared to tell their employer if someone in their home has tested positive for COVID-19 or if they have come in close contact with someone who has tested positive.</li> <li>• If you do not offer sick leave to some or all your employees, you may want to make a non-punitive “emergency sick leave” policy. This means your policy should not punish employees for taking leave for reasons related to COVID-19.</li> <li>• You should not ask employees who are sick for a COVID-19 test result or a doctor’s note to prove they are ill, qualify for sick leave, or to come back to work.</li> </ul>
Staffing and work schedules	<ul style="list-style-type: none"> <li>• Have a process or system for employees to report if they are sick. You can use this same process to let employees know about exposures to COVID-19 or closures.</li> <li>• Cross-train employees to do essential functions. You need your workplace to operate even if key employees are absent.</li> <li>• Plan to track and respond to absenteeism in the workplace. If many employees get sick, you may need to change your plan to make sure your business stays open.</li> <li>• You should plan for how you will operate if many employees are sick at one time or have sick family members to care for at home. It is also important to plan for employees who must stay home to watch their children until childcare programs and K-12 schools are open.</li> </ul>
Meetings and gatherings	<ul style="list-style-type: none"> <li>• Try to use videoconferencing or teleconferencing meetings and gatherings.</li> <li>• Cancel, adjust, or postpone large work-related meetings or gatherings that can only happen in-person. Follow state and local regulations and guidance.</li> </ul>
Hygiene	<ul style="list-style-type: none"> <li>• Good hygiene practices are some of the very best ways to fight illness. This includes COVID-19. You should follow normal hygiene practices when you are at work and at home. This means staying home when you are sick. You should try not to touch your eyes, nose, or mouth with unwashed hands. You should wash your hands often with soap and water for 20 seconds.</li> <li>• Employers should talk often about good hygiene practices with their employees and post signs to remind customers.</li> <li>• Make sure employees, customers, and visitors have what they need to wash their hands and cover their coughs and sneezes. Make sure you always have enough of these supplies to keep people healthy and protect your business.</li> <li>• Have tissues and no-touch trash cans.</li> <li>• Have soap and water in the workplace. If you don’t have soap and water, you should have alcohol-based hand sanitizer that is at least 60% alcohol. People are most likely to practice good health behaviors when it is easy for them to do. Place touchless hand sanitizer stations in many locations so people practice good hand hygiene.</li> <li>• Put signs at the entrance and other workplace areas they are likely to be seen, to remind people about good hand hygiene. This can help stop the spread of COVID-19. Make sure to include signs in other languages if needed.</li> </ul>
Physical spaces -Set up your worksite for physical distancing	<ul style="list-style-type: none"> <li>• Try to reduce the number of employees at your worksite. Have employees work from home if you can.</li> <li>• If you can’t have employees work from home, try to use flexible work hours as much as possible. Rotate or stagger shifts to limit the number of employees in the workplace at the same time.</li> <li>• Deliver services to customers by phone, video, or web if you can.</li> <li>• Change your workspace so there is more physical space between employees.</li> <li>• Increase the physical space between employees and customers.</li> <li>• Ask employees not to use each other’s phones, desks, offices, or other work tools and equipment, if possible.</li> <li>• You can still help customers and employees distance in areas without physical barriers. Place visual reminders 6 feet apart. You can use signs, tape marks, decals or colored tape on the floor, or other visual cues.</li> <li>• Change your business practices to reduce close contact with customers or other employees.</li> <li>• Move the electronic payment terminal/credit card reader farther away from the cashier. This will help increase the space between the customer and the cashier.</li> </ul>

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

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

<p><b>Face coverings and masks</b></p>	<p>COVID-19 spreads mainly from person to person through respiratory droplets when an infected person coughs, sneezes, or talks. COVID-19 can be spread by people who do not have symptoms and do not know that they are sick. It is important for everyone to wear a cloth face covering when they can't practice physical distancing. Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.</p> <ul style="list-style-type: none"> <li>• Employees should wear a cloth face covering when they can't physically distance at work.</li> <li>• Consider asking customers to wear a cloth face covering to protect others.</li> <li>• When it is possible, practice physical distancing even if you wear a cloth face covering.</li> </ul>
<p><b>Find risks to your employees</b></p>	<p>If the setup of your workspace or policies aren't enough to fully protect employees, you should:</p> <ul style="list-style-type: none"> <li>• Decide what personal protective equipment (PPE) is needed for your employees' specific job duties.</li> <li>• Tell employees which PPE they need.</li> <li>• Train your employees how to use PPE correctly.</li> </ul>
<p><b>Sick employees</b></p>	<ul style="list-style-type: none"> <li>• Ask employees who are sick or who have symptoms of COVID-19 to stay home.</li> <li>• Do not let employees who have symptoms of COVID-19 come into the building or enter the job site.</li> <li>• Send an employee home if he or she gets sick at work. If you are not able to send the employee home, isolate or separate the sick person from other people right away. If the employee has signs of COVID-19, ask him or her to get tested.</li> <li>• You need to find out right away which other employees may have been exposed to the virus. Let employees know they may have been exposed to COVID-19 in the workplace. You need to be very careful to protect the privacy and confidentiality of the employee who tested positive.</li> <li>• Make a list of other employees who had contact with the ill employee when the employee had symptoms and 2 days before the symptoms started. Other employees who had close contact within 6 feet of the employee for 15 minutes or more would be considered exposed.</li> <li>• Employees should not come to work if they test positive for COVID-19 or are a close contact of someone who tested positive. Employees should follow the guidance from the health department. They should not come back to work until they have finished isolation or quarantine.</li> </ul>
<p><b>Cleaning</b></p>	<ul style="list-style-type: none"> <li>• Employers should make policies to protect workers and should train all cleaning staff onsite before they begin doing cleaning tasks.</li> <li>• If possible, wait 24 hours before you clean and disinfect if you have a positive case of COVID-19 in your business. This reduces the chance for other employees to be exposed to respiratory droplets.</li> <li>• If you can't wait 24 hours, wait as long as possible. Open outside doors and windows to increase air circulation in these areas during this waiting period.</li> <li>• Disinfect transaction terminals often.</li> <li>• Cleaning visibly dirty surfaces and disinfecting them should prevent the spread of COVID-19 and other viral respiratory illnesses. Clean dirty surfaces with soap and water before you disinfect them.</li> <li>• Increase how often you clean surfaces and shared objects that are touched often (such as workstations, keyboards, telephones, handrails, and doorknobs). This will reduce the risk of cross contamination. For example, clean before and after shifts or before and after employees use shared objects.</li> <li>• To disinfect surfaces, use products that meet EPA criteria for use against SARS-CoV-2, the virus that causes COVID-19, and are the right ones for the surface.</li> <li>• Always wear gloves and gowns recommended for the type of chemicals you use.</li> <li>• Give employees disposable disinfecting wipes so they can wipe down surfaces that are touched often before they use them (doorknobs, keyboards, remote controls, desks, or other work tools and equipment).</li> <li>• Do not shake dirty laundry. This will help prevent spreading the virus in the air.</li> <li>• Use the manufacturer's instructions when you wash items. Wash items on the warmest water setting you can use for the items. Dry them all the way. You can wash dirty laundry from someone who was sick with other people's items.</li> <li>• Be careful when you take off gloves and gowns. You don't want to come into contact with any germs or spread them into the air. Wash your hands right away with soap and water for 20 seconds after you take off your gloves.</li> <li>• Take off your gloves after you clean a room or an area where sick people have been. Wash your hands right away after you take off your gloves.</li> </ul>

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

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

Symptom monitoring	<ul style="list-style-type: none"> <li>• Screen employees and customers for signs of COVID-19 before they come into the building. Screening is very quick and easy. Ask them if he or she has symptoms of COVID-19. This includes a temperature check, if you can. If someone has symptoms of COVID-19, ask the employee or customer to not enter the building and go home to isolate.</li> <li>• Screen employees who are, or who work with, people at higher risk. An employee should get tested if he or she gets symptoms of COVID-19.</li> </ul>
Training	<p>Teach employees what to do if they get symptoms of COVID-19. If an employee has symptoms, the employee should stay home and get tested for COVID-19. Employees should follow the instructions from the health department if they test positive for COVID-19 or are exposed to someone who has COVID-19. Ask employees to visit <a href="https://coronavirus.utah.gov">https://coronavirus.utah.gov</a> to learn more about COVID-19 and what to do if they get sick.</p>
Employees who are at higher risk	<ul style="list-style-type: none"> <li>• Protect employees who are at higher risk for severe illness by having policies to support them and keep them safe.</li> <li>• Try to give employees who are at higher-risk job duties that have less contact with customers and other employees (restocking shelves rather than working as a cashier). It is a good idea to discuss any changes in job duties with the employee. Let the employee know you are trying to keep him or her as safe as possible during the pandemic.</li> <li>• Make sure any other businesses and employers who share the same workspace also follow this guidance.</li> </ul>

## Industry-Specific Guidelines

All employers should follow the guidance in the section “What should every employer do?” on page 11  
This section contains any additional guidance for each industry.

### Childcare

#### High Level of Restriction

#### Moderate Level of Restriction

#### Low Level of Restriction

#### Minimal Level of Restriction

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- For facilities overseen by childcare licensing, follow childcare licensing instructions for ratios, group sizes, and approved capacity.
- Clean and disinfect more often. All high-touch surfaces should be cleaned and disinfected after each use (e.g., toys, keyboards, desks, remote controls).
- Employees and children should stay home if they are sick.
- Check employees and children for symptoms. This may include temperature checks.
- Try to keep children 6 feet apart as much as possible.
- Children and staff must wash hands with soap and running water upon arrival.
- Don't use toys that can't be washed and disinfected.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Groups must be 10 or fewer children, unless a wall can separate each group.	Groups must be 20 or fewer children, unless a wall can separate each group.	Groups must be 20 or fewer children, unless a wall can separate each group.	No additional industry-specific guidelines.
Food service is discontinued during this phase.	When you handle food, follow the restaurant guidelines that begin on page 32.	When you handle food, follow the restaurant guidelines that begin on page 32.	No additional industry-specific guidelines.
Curbside drop off and pick up.	Curbside drop off and pick up.	Curbside drop off and pick up.	No additional industry-specific guidelines
If there is a confirmed case of COVID-19, the facility must contact their local health department and follow the local health department's instructions.	If there is a confirmed case of COVID-19, the facility must contact their local health department and follow the local health department's instructions.	If there is a confirmed case of COVID-19, the facility must contact their local health department and follow the local health department's instructions.	If there is a confirmed case of COVID-19, the facility must contact their local health department and follow the local health department's instructions.

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

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Limit mixing the groups of children (keep in separate rooms, allow on the playground at different times)	Limit mixing the groups of children (keep in separate rooms, allow on the playground at different times)	Limit mixing the groups of children (keep in separate rooms, allow on the playground at different times)	No additional industry-specific guidelines.
Children from the same home should stay in the same group if possible.	Children from the same home should stay in the same group if possible.	Children from the same home should stay in the same group if possible.	Children from the same home should stay in the same group if possible.
The provider must not take children offsite to places where he or she can't make sure proper cleaning and physical distance can happen.	The provider must not take children offsite to places where he or she can't make sure proper cleaning and physical distance can happen.	The provider must not take children offsite to places where he or she can't make sure proper cleaning and physical distance can happen.	No additional industry-specific guidelines.

## Construction, General Contractors, and Manufacturing

- No industry-specific guidelines. Follow all guidelines in the “What should every employer do?” section that begins on page 11.



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

## Driver's Education, Specifically on Range and Roads

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Check employees for symptoms of COVID-19 before each shift. This may include temperature checks.
- Participants will be screened for symptoms of COVID-19 before they enter the vehicle. This may include temperature checks.
- Participants who have symptoms will be isolated and sent home.
- Participants and employees should stay home if they are sick.
- Participants and instructors who are at higher risk for severe illness from COVID-19 should follow the “Who is at higher-risk for severe illness from COVID-19?” guidelines on page 6.
- Participants and instructors should wear a face covering while they are in the vehicle.
- Do not touch or share paperwork.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Not in operation.	Leave enough time in between appointments for an employee to disinfect all surfaces between participants.	Leave enough time in between appointments for an employee to disinfect all surfaces between participants.	Leave enough time in between appointments for an employee to disinfect all surfaces between participants.
	Send participant and parent documents electronically.	Send participant and parent documents electronically.	Send participant and parent documents electronically.
	No more than 2 participants and 1 instructor in a vehicle.	No more than 3 participants and 1 instructor in a vehicle.	No more than 3 participants and 1 instructor in a vehicle.

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

## Events, Cultural Arts and Entertainment

Including aquariums, aviaries, botanical gardens, concerts, convention centers, indoor arenas, museums, parades, rodeos, sporting events, theatres, wedding venues, zoos

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Check participant (players, performers, actors) symptoms before event. This includes temperature checks, if you can.
- Participants who have been exposed to COVID-19 should not participate for 14 days after the last time he or she was in close contact with the person who tested positive.
- Post signs to remind people to stand at least 6 feet apart in common areas or while visiting exhibits (museums, zoos, aquariums, aviaries, botanical gardens).
- Have a set time, or a separate entrance, for people who are at a higher risk to enter and leave without being in close contact with others.
- Try use contactless payment if you can. Disinfect between transactions. Consider using electronic tickets, programs, and playbills instead of paper.
- Have someone responsible for cleaning and sanitizing high-touch areas.
- Consider using the Healthy Together app to help stop the spread of COVID-19 between employees and customers.
- Try to improve ventilation, if you can.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
People should attend events virtually.	Complete an <a href="#">event management template</a> for any event with more than 20 people. This must be available for inspection by the local health department.	Complete an <a href="#">event management template</a> for any event with more than 50 people. This must be available for inspection by the local health department.	No additional industry-specific guidelines.
People should attend events virtually.	Keep 6 feet at all times between groups who do not live in the same home, including while seated.	Post signs to remind people to physical distance as much as they can. Physical distancing should be practiced as much as possible at the event.	No additional industry-specific guidelines.
People should attend events virtually.	People at the event must wear a face covering if they can't physically distance.	People at the event must wear a face covering if they can't physically distance.	People at the event should wear a face covering if they can't physically distance.
People should attend events virtually.	Try to collect contact information for attendees at non-seated events to help with contract tracing and identify people who may have been exposed.	<ul style="list-style-type: none"> <li>• Venues may fill each seat if they keep a record of seating assignments and contact information for each party. Contact information must be kept for 21 days after the event.</li> </ul>	No additional industry-specific guidelines.

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

		<ul style="list-style-type: none"> <li>Try to collect contact information for attendees at non-seated events to help with contact tracing and identify people who may have been exposed.</li> </ul>	
People should attend events virtually.	Make sure there are 6 feet between people at entrance and exit points.	Make sure there are 6 feet between people at entrance and exit points.	No additional industry-specific guidelines.
People should attend events virtually.	No additional industry-specific guidelines.	<ul style="list-style-type: none"> <li>Outdoor events should not have more than 6,000 people.</li> <li>Indoor events should not have more than 3,000 people.</li> <li>Capacity may increase when the data shows we do not need as much social distancing.</li> </ul>	No additional industry-specific guidelines.
<b>Concessions</b>			
No concessions.	Follow the serving and seating guidelines for restaurants that start on page 26.	Follow the serving and seating guidelines for restaurants that start on page 26.	No additional industry-specific guidelines.
No concessions.	Keep 6 feet between customers in lines.	Keep 6 feet between people in lines.	No additional industry-specific guidelines.
No concessions.	Serve grab-and-go food items as much as possible.	Serve grab-and-go food items as much as possible.	No additional industry-specific guidelines.
No temporary mass gatherings at a site or sites if the site is not normally used for that type of gathering, with that normal number of people at the site. This is Rule R392-400.	No temporary mass gatherings at a site or sites if the site is not normally used for that type of gathering, with that normal number of people at the site. This is Rule R392-400.	No temporary mass gatherings at a site or sites if the site is not normally used for that type of gathering, with that normal number of people at the site. This is Rule R392-400.	No additional industry-specific guidelines.
For reserved-seating facilities, block reserved seats (show this on a digital map) to make sure blocks of seats purchased together are 6 feet apart from each other. Only allow the number	For reserved-seating facilities, block reserved seats (show this on a digital map) to make sure blocks of seats purchased together are 6 feet apart from each other. Only allow the number	No additional industry-specific guidelines.	No additional industry-specific guidelines.

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

of seats to be purchased that will keep people 6 feet apart.	of seats to be purchased that will keep people 6 feet apart.		
Limit the number of people in a small area to make sure people stay 6 feet apart at all times.	No additional industry-specific guidelines.	No additional industry-specific guidelines.	No additional industry-specific guidelines.
Do not let people gather in groups at any time.			

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

## Fitness Centers and Gyms

Including indoor recreation centers, indoor sports, dance, tumbling, yoga studios

- Employees and customers should wear face coverings if they can't physically distance.
- A roster or list of participants and their contact information should be kept for formal competitive events. This will help the health department with contact tracing if a participant is exposed to or tests positive for COVID-19.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Fitness centers and gyms are closed.	Fitness centers and gyms are recommended to stay closed at this time. If open, make sure everyone in the facility is physical distancing. Clean and disinfect more often.	Fitness centers and gyms are open. Make sure everyone in the facility is physical distancing. Clean and disinfect more often.	No additional industry-specific guidelines.
	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	No additional industry-specific guidelines.
	Clients should keep 10 feet between people who do not live in their home. Limit the number of people in the gym or class, or space or close off equipment.	Clients should keep 6 feet between people who do not live in their home. Limit the number of people in the gym or class, or space or close off equipment.	No additional industry-specific guidelines.
	<ul style="list-style-type: none"> <li>• Do not engage in sporting activities where teammates or opponents will be closer than 10 feet from each other.</li> <li>• Skills development and conditioning activities can take place with physical distancing guidelines.</li> </ul>	Check participants for symptoms before each competition or practice.	Check participants for symptoms before each competition or practice.

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

Fitness centers and gyms are closed.	Staff must disinfect all equipment after each use	Have chemical disinfectant supplies available throughout the building. Post signs asking customers to disinfect equipment after they use it.	Have chemical disinfectant supplies available throughout the building. Post signs asking customers to disinfect equipment after they use it.
	No additional industry-specific guidelines.	Spectators should keep 6 feet between household groups and wear a face covering if they can't practice physical distancing.	Spectators should keep 6 feet between household groups and wear a face covering if they can't practice physical distancing.
	No sign-in sheets, touchpads, or touch surfaces required for entry.	No additional industry-specific guidelines.	No additional industry-specific guidelines.
	Higher-risk individuals should consider not using fitness facilities at this time.	No additional industry-specific guidelines.	No additional industry-specific guidelines.
	Follow pool guidance that begins on page 31.	Follow pool guidance that begins on page 31.	Follow pool guidance that begins on page 31.

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

## Higher Education Institutions

### Reopening Institutions

- Each institution will work with the Utah System of Higher Education to develop an individualized plan to bring students and faculty back on campus. These will include a plan for how to monitor for cases of COVID-19, use COVID-19 testing, contain outbreaks, and implement distance education if needed.
- Residential campuses should provide isolation or quarantine facilities for students showing symptoms or students with positive tests and include accommodations to help them quarantine and isolate (food delivery, distance learning resources, etc.).
- Educate campus visitors about facility guidelines and how to prevent the spread of COVID-19.

### Employees and students

- Employees and students will be screened for symptoms of COVID-19 before they enter the building. This may include temperature checks.
- Students and employees should stay home if they are sick. All employees and students with symptoms should stay off campus. Students who have symptoms will be isolated and sent home.
- Employees and students should follow physical distancing and group gathering guidelines.
- Employees and students may want to use the Healthy Together app.
- Employees and students encouraged to wear face coverings when they can't practice physical distancing. Check with state, local and institutional policies for current requirements.

### Cleaning and disinfecting

- Institutions should increase how often they clean and disinfect when campuses open for in-person students and faculty.
- Hand sanitizer made available to faculty and students in each classroom or regular handwashing routines instituted.
- Follow state and local guidelines for activities and environments (events, food services, travel, childcare and other defined categories).

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Classes limited to distance learning.	Campuses may be open for some level of in-person instruction.	Campuses may be open for in-person instruction.	No additional industry-specific guidelines.
Classes limited to distance learning.	Campuses may be open for some level of in-person instruction.	Students sit 6 feet apart if possible. If it is not possible, students wear face coverings.	
Classes limited to distance learning.	Campuses may be open for some level of in-person instruction.	Record attendance and seating location to help with contact tracing.	
Classes limited to distance learning.	Check employees and students for symptoms of COVID-19. This may include temperature checks.	Check employees and students for symptoms of COVID-19. This may include temperature checks.	

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

<p>Campus is closed.</p>	<ul style="list-style-type: none"><li>• Limit campus visitors (between living units, from other residence halls, and from off campus).</li><li>• Common areas in residence halls are closed.</li></ul>	<p>Common areas in residence halls may be open. If open, clean and disinfect these areas more often.</p>	
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## Home Repair

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
  - Before you enter a home, ask if anyone in the home has symptoms of COVID-19 or has tested positive for COVID-19. If someone in the home has symptoms or has tested positive, reschedule non-essential repairs. For emergency repairs, stay at least 6 feet from anyone in the home who has symptoms or has tested positive for COVID-19.
  - Wash or sanitize hands before and after leaving a home.
  - Wear a face covering when you are in someone’s home.
  - Use electronic estimates, invoices, and documents.
  - Disinfect tools after each site.
-

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

## Hospitality, Accommodations and Tourism

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Staff and guests should wear face coverings if they can’t physically distance.
- Guests who have symptoms of COVID-19 should stay in their room and wear a face covering anytime they leave the room.
- Consider having one employee attend to sick guests.
- Consider installing a plexiglass partition in areas coming into close contact with guests (registration, concierge, valet desks).
- Post signs to remind customers to stay 6 feet from people who do not live in their home when they are in common areas.
- Try to use digital check-in and check-out, if you can.
- Guest room cleaning should include a complete change of towels, linens, bedding, and guest consumable items. Clean and disinfect hard surfaces and high-touch areas with an EPA-registered chemical disinfectant.
- Consider giving guests items they can use to sanitize (alcohol wipes for remote controls or shared surfaces).

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<ul style="list-style-type: none"> <li>• This industry is open, but operations are limited.</li> <li>• Hotels and other accommodations take extreme safety precautions for both staff and guests.</li> </ul>	Hotels and other accommodations take extreme safety precautions for both staff and guests.	<ul style="list-style-type: none"> <li>• Hotels and other accommodations take precautions in shared spaces.</li> <li>• Clean and disinfect all areas more often.</li> </ul>	No additional industry-specific guidelines.
When possible, rooms should remain vacant for 48 hours after check-out and prior to cleaning.	When possible, rooms should remain vacant for 48 hours after check-out and prior to cleaning.	No additional industry-specific guidelines.	
Gift shops continue to sell food, medicine, or other essential items.	No additional industry-specific guidelines.	No additional industry-specific guidelines.	
Food should be served in a takeout-style (grab and go) manner; no buffet-style dining.	Restaurants follow guidelines that begin on page 32.	Restaurants follow guidelines that begin on page 32.	
Swimming pools, gyms, and fitness centers closed.	Pools follow guidelines that begin on page 31.	Pools follow guidelines that begin on page 31.	
Discontinue or decrease housekeeping services to prevent transmission between rooms during guest stay.	Discontinue or decrease housekeeping services to prevent transmission between rooms during guest stay.	No additional industry-specific guidelines.	

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

## K-12 Schools

### Reopening schools

- Local education agencies (school districts and charter schools, also known as LEAs) will develop plans for reopening schools for in-person instruction. Plans must be approved by the local school board or charter school governing board.
  - Plans must address the elements and minimum requirements contained in the Utah State Board of Education’s [Planning Requirements and Recommendations for K-12 School Openings](#) document.
  - Each classroom should have hand sanitizer for students and employees to use. If classrooms do not have hand sanitizer, employees should ask students to wash their hands often.

### Employees and students

- Students and employees should stay home if they are sick.
- Students who have symptoms of COVID-19 will be isolated and sent home.
- Employees and students should follow physical distancing and group gathering guidelines.
- All students and employees in the K-12 public education sector must wear a face covering when they are in school or on school property (including buses), except as outlined in the public health order or the “exceptions to face coverings” section on page 4. The face covering mandate also applies to anyone entering a school or on school property. For more information about the public health order requiring face coverings in K-12 schools, visit <https://governor.utah.gov/2020/07/20/governor-issues-executive-order-adopting-updated-phased-guidelines-and-the-state-health-department-issues-public-health-order-mandating-masks-in-all-k-12-schools/>.

### School activities, events, and sports

- Schools should increase how often they clean and disinfect at school events and large gatherings.
- Identify school-sponsored activities that may put participants at a higher risk of being exposed to COVID-19. Consider not having these activities, or make sure to increase strategies to prevent the spread of the virus. For more information from the Utah State Board of Education’s School Reopening Planning Handbook about activities that may be considered higher risk, or for tools and resources, visit <https://schools.utah.gov/file/5997f53e-85ca-4186-83fe-932385ea760a>.
- The Utah High School Activities Association’s Return to Play Protocol has guidelines to stop the spread of COVID-19 at school-sponsored activities. For more information visit <https://uhsaa.org/SportsMed/UHSAA%20Return-to-Play%20Guidelines.pdf>.
- Spectators at outdoor school-sponsored activities should keep 6 feet between household groups and wear a face mask if they can’t practice physical distancing. Spectators must wear a face mask if the school-sponsored activity is held indoors.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<ul style="list-style-type: none"> <li>Do not attend school outside the home.</li> <li>Schools are temporarily closed. Distance learning only.</li> </ul>	Schools may open to in-person instruction.	Public schools are open.	Public schools are open.
Schools may send home food if an LEA decides to temporarily close schools for in-person instruction.	Schools may send home food if an LEA decides to temporarily close schools for in-person instruction.	Schools may send home food if an LEA decides to temporarily close schools for in-person instruction.	Schools may send home food if an LEA decides to temporarily close schools for in-person instruction.

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

## Outdoor Recreation and Youth Outdoor Sports

Including parks, pavilions, and playgrounds

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Do not touch high-touch surfaces, including handrails, trail signs, maps.
- Do not gather in groups at trailheads, parks, or other outdoor spaces.
- Recreation camps, recreational parks, and roadway rest areas should follow their policy and local health guidelines.
- If you give out promotional items, candy, food items, etc. at a spectator event, you must give them out in a way that does not make people get together in groups to receive the items.
- A roster or list of participants and their contact information should be kept for formal competitive events. This will help the health department with contact tracing if a participant is exposed to or tests positive for COVID-19.
- Participants who have been exposed to COVID-19 should not participate for 14 days from the last time they were in close contact (6 feet for 15 minutes or longer) with the person who tested positive.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Stay at least 6 feet apart from people who do not live in your home when you do outdoor activities (walk, hike, run, bike, hunt, fish, etc.).	Stay at least 6 feet apart from people who do not live in your home when you do outdoor activities (walk, hike, run, bike, hunt, fish, etc.).	Stay at least 6 feet apart from people who do not live in your home when you do outdoor activities (walk, hike, run, bike, hunt, fish, etc.).	No additional industry-specific guidelines.
Do not go to or do activities at a state park outside of the county you live in. Decisions about national parks will be made by the National Park Service and the county where the park is located.	Follow guidelines for state and national parks.	Follow guidelines for state and national parks.	
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>	No additional industry-specific guidelines.	No additional industry-specific guidelines.	
Do not engage in close-contact or team sports.	<ul style="list-style-type: none"> <li>• Do not engage in sporting activities where teammates or opponents will be closer than 10 feet from each other.</li> </ul>	Participants (players, performers, actors) should have their symptoms checked before each competition or practice. Participants who have	Participants (players, performers, actors) should have their symptoms checked before each competition or practice. Participants who have

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

	<ul style="list-style-type: none"> <li>Skills development and conditioning activities can take place with physical distancing guidelines.</li> </ul>	symptoms may not participate and should self-isolate right away.	symptoms may not participate and should self-isolate right away.
No formal sporting events or competitions.	Spectators should keep 6 feet between household groups and wear a face covering if they can't practice physical distancing.	Spectators should keep 6 feet between household groups and wear a face covering if they can't practice physical distancing.	Spectators should keep 6 feet between household groups and wear a face covering if they can't practice physical distancing.

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

## Personal Services

Including barbers, body artists, cosmetologists, massage therapists, nail technicians, tanning, etc.

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Keep 6 feet of physical distance between people, except when providing services. This includes between clients in waiting areas.
- Try to use contactless payment if you can. Disinfect transaction equipment after each use.
- Disinfect procedure and service area surfaces between each client.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Service provider and client wear face coverings.	<ul style="list-style-type: none"> <li>• Service provider and client wear face coverings.</li> <li>• Exception given for clients if mask interferes with service.</li> </ul>	<ul style="list-style-type: none"> <li>• Service provider and client wear face coverings.</li> <li>• Exception given for clients if mask interferes with service.</li> </ul>	<ul style="list-style-type: none"> <li>• Service provider and client encouraged to wear face coverings.</li> <li>• Exception given for clients if mask interferes with service.</li> </ul>
<p>This industry is open, but operations are limited.</p> <ul style="list-style-type: none"> <li>• Businesses that rely on close contact between people should consider not staying open at this time.</li> </ul>	Industry is open under strict hygiene guidelines.	Industry is open under strict hygiene guidelines.	No additional industry-specific guidelines.
<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	
Screen employees and customers for signs of COVID-19 before providing services.	Screen employees and customers for signs of COVID-19 before providing services.	Screen employees and customers for signs of COVID-19 before providing services.	
Schedule appointments with enough time in between to disinfect all areas between services.	Schedule appointments with enough time in between to disinfect all areas between services.	Schedule appointments with enough time in between to disinfect all areas between services.	
Keep a record or log of appointments. This should include the contact information for customers to help with contact tracing.	Keep a record or log of appointments. This should include the contact information for customers to help with contact tracing.	Keep a record or log of appointments. This should include the contact information for customers to help with contact tracing.	

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

## Pools, Spas and Water Parks

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Check employees for symptoms before their shift. This includes temperature check, if you can.
- Wear face coverings on the pool deck when physical distancing is not possible.
- Post signs to remind customers to stay 6 feet from people who do not live in their home.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Pools are closed.	<ul style="list-style-type: none"> <li>• Pools are open for lap swimming only.</li> <li>• One swimmer per lane.</li> <li>• Swim team can take place with physical distancing.</li> </ul>	<ul style="list-style-type: none"> <li>• Open plunge pools are open at a reduced capacity.</li> <li>• The number of people at the pool is based on everyone being able to physical distance between household groups on pool decks.</li> <li>• Lap swimming can be open to the normal number of people.</li> <li>• Swim team and swim lessons use physical distancing.</li> <li>• Lifeguard training is allowable. Check trainees for symptoms of COVID-19. This includes temperature checks, if you can.</li> </ul>	No additional industry-specific guidelines.
Pools are closed.	Do not let people gather in groups on pool decks.	No additional industry-specific guidelines.	
Pools are closed.	Check customers for symptoms before they enter the facility.	No additional industry-specific guidelines.	

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

## Restaurants

Including bars, food service establishments, food trucks, and convenience stores

### Post signs and use floor markers

- Post signs that remind customers of the symptoms of COVID-19. Signs should ask customers to order takeout or delivery if:
  - They, or someone in their home, has symptoms.
  - Are someone who is at higher risk.
- Consider asking customers if they want to provide contact information to help with contact tracing efforts.
- Post signs to remind customers to stay 6 feet from people who do not live in their home. Consider using floor markers to show customers where to stand.
- Try to have hosts open doors for customers and take them right to their seats. This will keep people from gathering in groups.

### Cleaning, disinfecting, and personal protective equipment (PPE)

- The restaurant may not be open without the needed PPE, EPA-approved disinfectants and sanitizers, soap, and needed cleaning supplies.
- Close restaurant to clean and disinfect every morning (AM). Restaurants that operate 24 hours a day should close to clean and disinfect 2 times each day, each morning (AM) and evening (PM). Clean and disinfect all tables, chairs, door handles, floors, bathrooms, and any high-touch surfaces.
- Set up workstations so employees are 6 feet apart and do not face each other, unless there is a barrier or partition (such as plexiglass), or employees wear face coverings.

### Hygiene

- Hand sanitizer must be available by bathrooms.
- Have hand sanitizer available at the door.
- Employees should use the same hygiene measures they use when touching food when they touch to-go boxes, pizza boxes, paper cups, and any other paper product that touches food.
- Employees are only required to use gloves if they touch ready-to-eat foods (including ice). Gloves are not required when they touch foods that have not been cooked.
- Consider using disposable items that can be thrown away if possible.
- Use contactless payment if you can. Disinfect between transactions.
- Employees must wash or sanitize their hands every time they interact with a table or customer and after they take payment.
- Food delivery drivers should use hand sanitizer before they give the delivery to customers.
- Food deliveries should use disposable containers and packaging that can be thrown away.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<ul style="list-style-type: none"> <li>• Takeout, curbside pickup, or delivery only.</li> <li>• This includes third-party delivery (such as DoorDash, Grubhub, Uber Eats).</li> <li>• No dine-in services.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask customers to use takeout, curbside pickup, or delivery options as much as you can.</li> <li>• Dine-in services with extreme caution.</li> </ul>	<ul style="list-style-type: none"> <li>• Dine-in service and bars are open.</li> <li>• Tables should be arranged so there is 6 feet between diners.</li> </ul>	<p>No additional industry-specific guidelines.</p>



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

Employees wear face coverings at all times.	Employees wear face coverings at all times.	Employees wear face coverings at all times.	Employees encouraged to wear face coverings. Check with state, local, and institutional policies for current requirements.
No dine-in services.	Limit tables to groups of 10. Try to keep groups to members who live in the same home, if you can.	Limit tables to groups of 10. Try to keep groups to members who live in the same home, if you can.	No additional industry-specific guidelines.
No dine-in services.	Groups of customers at a table must stay 6 feet from other customers at all times.	Groups of customers at a table must stay 6 feet from other customers at all times.	
No dine-in services.	Either move tables or mark off tables that should not be used.	Either move tables or mark off tables that should not be used.	
No dine-in services.	Keep 6 feet between groups who do not live in the same home, in both indoor and outdoor areas.	Keep 6 feet between groups who do not live in the same home, in both indoor and outdoor areas.	
<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can. Also ask employees if someone who lives in their home has tested positive for COVID-19 in the last 14 days.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can. Also ask employees if someone who lives in their home has tested positive for COVID-19 in the last 14 days.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can. Also ask employees if someone who lives in their home has tested positive for COVID-19 in the last 14 days.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	
Employees must give customers cups, lids, napkins, and straws. Do not let customers get these items for themselves.	Employees must give customers cups, lids, napkins, and straws. Do not let customers get these items for themselves.	Employees must give customers cups, lids, napkins, and straws. Do not let customers get these items for themselves.	
No dine-in services.	Wait until people are seated at the table to put the utensils on the table.	Wait until people are seated at the table to put the utensils on the table.	

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

<p>No dine-in services.</p>	<ul style="list-style-type: none"> <li>• Employees should not touch items on the table (such as menus, plates, utensils, pens, cups). The table will be cleared by an employee once all guests have left.</li> <li>• An employee should clean and sanitize the area after customers leave. This includes tables, menus, pens, salt and pepper shakers, etc.</li> <li>• It is a good idea to have the same employee also sanitize high-touch surfaces as needed during the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Employees should not touch items on the table (such as menus, plates, utensils, pens, cups). The table will be cleared by an employee once all guests have left.</li> <li>• An employee should clean and sanitize the area after customers leave. This includes tables, menus, pens, salt and pepper shakers, etc.</li> <li>• It is a good idea to have the same employee also sanitize high-touch surfaces as needed during the day.</li> </ul>	<p>No additional industry-specific guidelines.</p>
<p>No dine-in services.</p>	<ul style="list-style-type: none"> <li>• Buffet and self-serve restaurants will give utensils, cups, plates, and other service items directly to customers. These items should not be set out for customers to self-serve. Customers should not touch these items.</li> <li>• Buffet style restaurants should either have employees serve meals from food bars, or have very strict hygiene measures if they allow customers to self-serve from food bars.             <ul style="list-style-type: none"> <li>○ Customers should only self-serve from food bars if they use hand sanitizer each time they enter a different food bar line.</li> <li>○ If customers self-serve from food bars, replace the serving utensils with clean ones every 30 minutes.</li> </ul> </li> <li>• Customers must wear face coverings in food serving areas.</li> </ul>	<ul style="list-style-type: none"> <li>• Buffet and self-serve restaurants will give utensils, cups, plates, and other service items directly to customers. These items should not be set out for customers to self-serve. Customers should not touch these items.</li> <li>• Buffet style restaurants should either have employees serve meals from food bars, or have very strict hygiene measures if they allow customers to self-serve from food bars.             <ul style="list-style-type: none"> <li>○ Customers should only self-serve from food bars if they use hand sanitizer each time they enter a different food bar line.</li> <li>○ If customers self-serve from food bars, replace the serving utensils with clean ones every 30 minutes.</li> </ul> </li> <li>• Customers must wear face coverings in food serving areas.</li> </ul>	
<p>Indoor playgrounds in restaurants should be closed.</p>	<p>Indoor playgrounds in restaurants should be closed.</p>	<p>Indoor playgrounds in restaurants should be closed.</p>	

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

## Retail

Including convenience stores, grocery stores, libraries, pharmacy

- Follow all guidelines in the “What should every employer do?” section that begins on page 11.
- Check employees for symptoms before their shift. This includes temperature check, if you can.
- Customers and employees should wear face coverings when they can’t physically distance.
- Post signs to remind people to stand at least 6 feet apart as much as they can. This includes outside when in line, and in store check-out lines.
- Have hand sanitizer available to customers and employees (such as at checkout counters and entrances).
- Have a set time for people at higher risk to come without having to be in close contact with others.
- Consider using one-way aisles to help people physical distance.
- Consider installing a clear plastic partition between cashier and customer if there isn’t 6 feet between the customer and employee.
- Make regular announcements to remind customers to follow physical distancing guidelines.
- Consider having different order and delivery areas to keep customers from waiting in small areas together.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
Employees should only come closer than 6 feet to other people if they are wearing a face covering, and when they take payment or deliver goods.	Employees should only come closer than 6 feet to other people if they are wearing a face covering, and when they take payment or deliver goods.	Employees should only come closer than 6 feet to other people if they are wearing a face covering, and when they take payment or deliver goods.	Employees encouraged to wear face coverings. Check with state, local and institutional policies for current requirements
Have an employee disinfect carts and baskets after each use.	Have an employee disinfect carts and baskets after each use.	Have an employee disinfect carts and baskets after each use.	No additional industry-specific guidelines.
Allow only the number of customers that there can be 6 feet between customers and employees (1 person per 100 square feet).	Allow only the number of customers that there can be 6 feet between customers and employees (1 person per 100 square feet).	Resume to normal number of customers if people can stay 6 feet distance apart.	
<ul style="list-style-type: none"> <li>• Limit the number of items customers can buy on goods or products that are selling out quickly.</li> <li>• This will help all of your customers get what they need and will keep long lines from forming.</li> </ul>	<ul style="list-style-type: none"> <li>• Limit the number of items customers can buy on goods or products that are selling out quickly.</li> <li>• This will help all of your customers get what they need and will keep long lines from forming.</li> </ul>	No additional industry-specific guidelines.	

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

Consider asking customers not to bring children or strollers into stores, if they can. This will leave more space in aisles.	Consider asking customers not to bring children or strollers into stores, if they can. This will leave more space in aisles.	No additional industry-specific guidelines.	No additional industry-specific guidelines.
Deliver products through curbside pick-up or delivery.	Deliver products through curbside pick-up or delivery.	Deliver products through curbside pick-up or delivery for people at higher risk, when possible.	

## Specific guidance for grocery & pharmacy

Do not let people self-serve any ready-to-eat food items that are not prepackaged. This does not include fresh produce.	Do not let people self-serve any ready-to-eat food items that are not prepackaged. This does not include fresh produce.	Do not let people self-serve any ready-to-eat food items that are not prepackaged. This does not include fresh produce.	No additional industry-specific guidelines.
Bulk items should only be available if they are individually packaged.	<ul style="list-style-type: none"> <li>• Try to have bulk items that are individually packaged.</li> <li>• If bulk items are not individually packaged, have an employee monitor and sanitize the places that were touched. Decide how often the employee should sanitize based on how often the goods are purchased.</li> <li>• Use only gravity-fed bulk bins.</li> <li>• No self-serve food items from bulk bins or self-service cases where food is exposed or unprotected.</li> </ul>	<ul style="list-style-type: none"> <li>• Try to have bulk items that are individually packaged.</li> <li>• If bulk items are not individually packaged, have an employee monitor and sanitize the places that were touched. Decide how often the employee should sanitize based on how often the goods are purchased.</li> <li>• Use only gravity-fed bulk bins.</li> <li>• No self-serve food items from bulk bins or self-service cases where food is exposed or unprotected.</li> </ul>	
Do not let customers bring their own bags, mugs, or other reusable items from home.	Do not let customers bring their own bags, mugs, or other reusable items from home.	Customers can bring their own reusable bags.	
Waive prescription delivery fees, if possible.	Waive prescription delivery fees, if possible.	Waive prescription delivery fees for people at higher risk, if possible.	

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

## Healthcare-Specific Guidelines

High Level of Restriction

Moderate Level of Restriction

Low Level of Restriction

Minimal Level of Restriction

Each hospital and ambulatory surgical center operating in Utah shall follow the protocols developed by the Utah Hospital Association in consultation with the Utah Department of Health, titled "[Utah Hospital Roadmap for Resuming Elective Procedures 2.0](#)".

Adhere to all protocols set forth in the following state public health order: <https://coronavirus-download.utah.gov/Health/state%20public%20health%20order.20.04.21.pdf>

No additional guidance.

## Appendix A: Guidelines for Dine-In Restaurants Open in High, Moderate and Low Restriction Levels

### Post signs and use floor markers

- Post signs that remind customers of the symptoms of COVID-19.  
Signs should ask customers to order takeout or delivery if:
  - They, or someone in their home, has symptoms.
  - Are someone who is at higher risk.
- Consider asking customers if they want to provide contact information to help with contact tracing efforts.
- Post signs to remind customers to stay 6 feet from people who do not live in their home. Consider using floor markers to show customers where to stand.
- Try to have hosts open doors for customers and take them right to their seats. This will keep people from gathering in groups.

### Cleaning, disinfecting, and personal protective equipment (PPE)

- The restaurant may not be open without the needed PPE, EPA-approved disinfectants and sanitizers, soap, and needed cleaning supplies.
- Close restaurant to clean and disinfect every morning (AM). Restaurants that operate 24 hours a day should close to clean and disinfect 2 times each day, each morning (AM) and evening (PM). Clean and disinfect all tables, chairs, door handles, floors, bathrooms, and any high-touch surfaces.
- Set up workstations so employees are 6 feet apart and do not face each other, unless there is a barrier or partition (such as plexiglass), or employees wear face coverings.

### Hygiene

- Hand sanitizer must be available by bathrooms.
- Have hand sanitizer available at the door.
- Employees should use the same hygiene measures they use when touching food when they touch to-go boxes, pizza boxes, paper cups, and any other paper product that touches food.
- Employees are only required to use gloves if they touch ready-to-eat foods (including ice). Gloves are not required when they touch foods that have not been cooked.
- Consider using disposable items that can be thrown away if possible.
- Use contactless payment if you can. Disinfect between transactions.
- Employees must wash or sanitize their hands every time they interact with a table or customer and after they take payment.
- Food delivery drivers should use hand sanitizer before they give the delivery to customers.
- Food deliveries should use disposable containers and packaging that can be thrown away.

High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<ul style="list-style-type: none"> <li>• Takeout, curbside pickup, or delivery only.</li> <li>• This includes third-party delivery (such as DoorDash, Grubhub, Uber Eats).</li> <li>• No dine-in services.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask customers to use takeout, curbside pickup, or delivery options as much as you can.</li> <li>• Dine-in services with extreme caution.</li> </ul>	<ul style="list-style-type: none"> <li>• Dine-in service and bars are open.</li> <li>• Tables should be arranged so there is 6 feet between diners.</li> </ul>	No additional industry-specific guidelines.
Employees wear face coverings at all times.	Employees wear face coverings at all times.	Employees wear face coverings at all times.	Employees encouraged to wear face coverings. Check with state, local, and institutional policies for current requirements.

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

No dine-in services.	Limit tables to groups of 10. Try to keep groups to members who live in the same home, if you can.	Limit tables to groups of 10. Try to keep groups to members who live in the same home, if you can.	No additional industry-specific guidelines.
No dine-in services.	Groups of customers at a table must stay 6 feet from other customers at all times.	Groups of customers at a table must stay 6 feet from other customers at all times.	
No dine-in services.	Either move tables or mark off tables that should not be used.	Either move tables or mark off tables that should not be used.	
No dine-in services.	Keep 6 feet between groups who do not live in the same home, in both indoor and outdoor areas.	Keep 6 feet between groups who do not live in the same home, in both indoor and outdoor areas.	
<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can. Also ask employees if someone who lives in their home has tested positive for COVID-19 in the last 14 days.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can. Also ask employees if someone who lives in their home has tested positive for COVID-19 in the last 14 days.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	<ul style="list-style-type: none"> <li>• Check employees for symptoms of COVID-19 before their shift. This includes a temperature check, if you can. Also ask employees if someone who lives in their home has tested positive for COVID-19 in the last 14 days.</li> <li>• Keep a record or log of daily symptom monitoring. This needs to be available to the health department if they need it.</li> </ul>	
Employees must give customers cups, lids, napkins, and straws. Do not let customers get these items for themselves.	Employees must give customers cups, lids, napkins, and straws. Do not let customers get these items for themselves.	Employees must give customers cups, lids, napkins, and straws. Do not let customers get these items for themselves.	
No dine-in services.	Wait until people are seated at the table to put the utensils on the table.	Wait until people are seated at the table to put the utensils on the table.	
No dine-in services.	<ul style="list-style-type: none"> <li>• Employees should not touch items on the table (such as menus, plates, utensils, pens, cups). The table will be cleared by an employee once all guests have left.</li> </ul>	<ul style="list-style-type: none"> <li>• Employees should not touch items on the table (such as menus, plates, utensils, pens, cups). The table will be cleared by an employee once all guests have left.</li> </ul>	

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

<p>No dine-in services.</p>	<ul style="list-style-type: none"> <li>• An employee should clean and sanitize the area after customers leave. This includes tables, menus, pens, salt and pepper shakers, etc.</li> <li>• It is a good idea to have the same employee also sanitize high-touch surfaces as needed during the day.</li> </ul>	<ul style="list-style-type: none"> <li>• An employee should clean and sanitize the area after customers leave. This includes tables, menus, pens, salt and pepper shakers, etc.</li> <li>• It is a good idea to have the same employee also sanitize high-touch surfaces as needed during the day.</li> </ul>	<p>No additional industry-specific guidelines.</p>
<p>No dine-in services.</p>	<ul style="list-style-type: none"> <li>• Buffet and self-serve restaurants will give utensils, cups, plates, and other service items directly to customers. These items should not be set out for customers to self-serve. Customers should not touch these items.</li> <li>• Buffet style restaurants should either have employees serve meals from food bars, or have very strict hygiene measures if they allow customers to self-serve from food bars.             <ul style="list-style-type: none"> <li>○ Customers should only self-serve from food bars if they use hand sanitizer each time they enter a different food bar line.</li> <li>○ If customers self-serve from food bars, replace the serving utensils with clean ones every 30 minutes.</li> </ul> </li> <li>• Customers must wear face coverings in food serving areas.</li> </ul>	<ul style="list-style-type: none"> <li>• Buffet and self-serve restaurants will give utensils, cups, plates, and other service items directly to customers. These items should not be set out for customers to self-serve. Customers should not touch these items.</li> <li>• Buffet style restaurants should either have employees serve meals from food bars, or have very strict hygiene measures if they allow customers to self-serve from food bars.             <ul style="list-style-type: none"> <li>○ Customers should only self-serve from food bars if they use hand sanitizer each time they enter a different food bar line.</li> <li>○ If customers self-serve from food bars, replace the serving utensils with clean ones every 30 minutes.</li> </ul> </li> <li>• Customers must wear face coverings in food serving areas.</li> </ul>	
<p>Indoor playgrounds in restaurants should be closed.</p>	<p>Indoor playgrounds in restaurants should be closed.</p>	<p>Indoor playgrounds in restaurants should be closed.</p>	



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

## Appendix B: Religious Services

Considerations for faith groups returning to in-person religious services

Governor Herbert recognizes the importance of faith groups during these difficult times. Under the Orange (Moderate Restriction Level), Yellow (Low Restriction Level), and Green (Minimal Restriction Level) Utah COVID-19 Health Risk Status Phased Guidelines, faith groups are able to hold in-person religious services of any size as long as a distance of at least 6 feet is kept between household groups. The 6-foot distance requirement is the only limit of the Phased Guidelines on the number of people who can participate in an in-person religious service.

The following are provided as considerations for faith groups and individuals returning to in-person religious services. These considerations were prepared in consultation with a working group of faith leaders representing the rich diversity of faiths in Utah. These considerations are also consistent with ongoing messaging from the Utah Department of Health and are consistent with the best available medical science.

These considerations are not binding on any faith group and should not be construed as an attempt to regulate religious practices. They are provided as information so that individuals can make decisions to protect themselves and others from COVID-19. Each faith group will decide for itself when to resume in-person religious services.

### High Level of Restriction

### Moderate Level of Restriction

### Low Level of Restriction

### Minimal Level of Restriction

	High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<b>Face coverings</b>	Wear a face covering when you can't stay 6 feet away from people who do not live in your home.			
<b>Seating arrangements</b>	Recommend streamed services to households.	<ul style="list-style-type: none"> <li>• Arrange seating so there is at least 6 feet between people who do not live in the same home.</li> <li>• Limit the number of people in small areas so people can stay 6 feet from others who do not live in their home.</li> </ul>	<ul style="list-style-type: none"> <li>• Arrange seating so there is at least 6 feet between people who do not live in the same home.</li> <li>• Limit the number of people in a confined area to enable adequate 6-foot distancing at all times between each household group.</li> </ul> <p>If you consider filling each seat or standing space:</p> <ul style="list-style-type: none"> <li>• Physical distance as much as possible.</li> <li>• Wear a face covering if you can't physical distance.</li> <li>• Track attendance and seating assignments. This can help with contact tracing.</li> <li>• Have someone responsible for cleaning and sanitizing high-touch areas.</li> </ul>	No restrictions on seating arrangements.

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

	High Level of Restriction	Moderate Level of Restriction	Low Level of Restriction	Minimal Level of Restriction
<b>Hygiene practices for religious services</b>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Do not eat group meals that are not part of the religious service.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Do not eat group meals that are not part of the religious service.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Do not eat group meals that are not part of the religious service.</li> </ul>	<ul style="list-style-type: none"> <li>Wear a face mask and wash your hands with soap and water before you make food that people who do not live in your home will eat.</li> <li>Use caution if you eat group meals that are not part of the religious service.</li> </ul>
<b>Considerations for people at higher risk</b>	<ul style="list-style-type: none"> <li>Limit going to gatherings where there are people who do not live in your home, including religious services.</li> <li>Wear a face covering at all times in public</li> </ul>	<ul style="list-style-type: none"> <li>Limit going to gatherings where there are people who do not live in your home, including religious services.</li> <li>Wear a face covering at all times in public</li> </ul>	<ul style="list-style-type: none"> <li>Limit going to gatherings where there are people who do not live in your home, including religious services.</li> <li>Wear a face covering at all times in public</li> </ul>	<ul style="list-style-type: none"> <li>Use caution when you go to gatherings where there are people who do not live in your home, including at religious services.</li> <li>Wear a face covering when you are in close contact with people who do not live in your home.</li> </ul>
<b>Considerations for faith group leaders organizing an in-person religious service</b>	<ul style="list-style-type: none"> <li>Take steps to keep people from gathering in groups in the lobby or meeting areas. Ask people to keep 6 feet between them and others who do not live in their home.</li> <li>Post signs in common areas to remind people to practice physical distancing.</li> <li>Have a set time, or a separate entrance, for people who are at a higher risk to enter and leave without being in close contact with others.</li> <li>Make gatherings smaller by having more meeting times.</li> <li>Stream services so people can participate virtually.</li> <li>Disinfect high-touch surfaces more often.</li> </ul>			

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

## Appendix C: Face Covering Exceptions in K-12 Schools

In accordance with the public health order issued on August 14, 2020 by the Utah Department of Health and in consideration of students' physical, social and mental wellbeing, students are exempt from wearing a face covering when actively engaging in:

- Outdoor recess in elementary schools
  - Cohorting, physical distancing and hand hygiene before and after recess is promoted
- A school-sponsored activity or physical education class if the individual cannot reasonably participate while wearing a face covering. Each individual participating in a school-sponsored activity must complete a symptom assessment, verbally confirm they are free of COVID-19 symptoms before participating in each event, and attest to the fact they have not been in close contact (within 6 feet for 15 minutes or more) with a COVID-positive case in the last 14 days prior to participation
  - Where possible, confirm participant temperature is below 100.4 degrees Fahrenheit

Institutions shall identify school-sponsored activities that are higher-risk and consider not holding the activities or introduce additional mitigating strategies. See the Utah State Board of Education School Reopening Planning Handbook for descriptions of higher-risk activities and tools and resources. The Handbook is located at <https://schools.utah.gov/file/5997f53e-85ca-4186-83fe-932385ea760a>.

In order to comply with the Utah High School Activities Association's Return to Play Protocol: General Advisement and Sport-by-Sport Specifics, refer to <https://uhsaa.org/SportsMed/UHSAA%20Return-to-Play%20Guidelines.pdf>.

Spectators at school-sponsored activities or events must wear a face mask indoors regardless of ability to physical distance and/or outdoors when within 6 feet of those outside their immediate household.

This guidance may be modified based on data and milestone trends.