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

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

While Utah moves to different risk phases, individuals in high-risk categories, including older adults and those who are immunocompromised, should continue to follow stricter protocols, and exercise all possible caution. Individuals who work or live with persons in high-risk categories should also continue following stricter guidance.

If you live at home and need extra help to follow these guidelines, such as meals, delivery of groceries and medicine, transportation to and from appointments and other challenges that prevent you from staying safely at home, contact 877-424-4640 (M-F, 8a-5p) for services in your area.

**High-Risk Individuals:**

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

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

Limit visiting friends or family without urgent need.

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

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

Guidelines for high-risk individuals:

Face masks worn at all times in public settings.

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

Wash your hands often.

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

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

Limit visiting friends or family without urgent need.

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

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

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