



Protecting High-Risk Individuals

Orange Guidelines



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

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

While Utah moves to different risk phases, individuals in high-risk categories, including 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 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
- 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
- Smoking

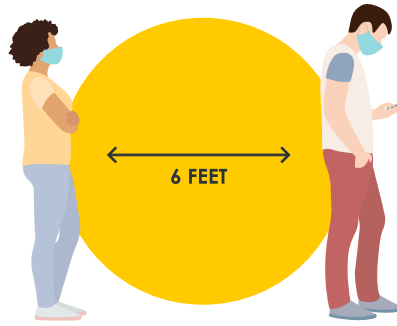
Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.



Guidelines for high-risk individuals:



Face masks worn at all times in public settings.



Stay at least 6-feet from others.



Wash your hands often.



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



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



Limit visiting friends or family without urgent need.



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



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



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

