



# Protecting Higher-Risk Individuals

## Yellow 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, higher-risk individuals operate under stricter instructions because they are more likely to suffer severe illness from COVID-19.**

While Utah moves to different levels of restriction, individuals in higher-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 higher-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.

### Higher-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

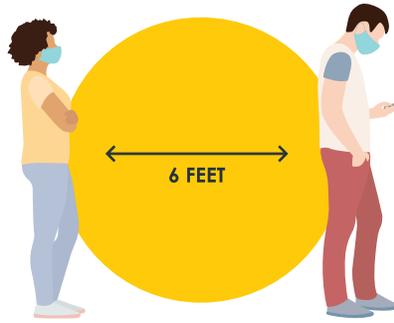
Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.



## Guidelines for higher-risk individuals:



Social gatherings in groups of 20 or fewer.



Stay at least 6-feet from others.



Face masks worn when physical distancing is difficult to maintain.



Wash your hands often.



Use appropriate precautions when traveling and avoid high risk areas.



Telework if possible, if not, maintain social distancing.



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



When visiting friends or family, wear face coverings when within a 6-foot distance.



Limit visits to hospitals, nursing homes, or other residential care facilities.

