

(<https://coronavirus.utah.gov/>)



PROTECT YOURSELF

Statewide Measures to Limit Spread of COVID-19

Gov. Gary Herbert, the Utah Coronavirus Task Force, and health officials are taking proactive steps to limit the spread of novel coronavirus (COVID-19) in Utah communities. These actions are effective until March 30 and will be revised as the situation requires to keep Utahns safe and healthy.

Limit mass gatherings of more than 100 people if everyone in the group is healthy, including church.

This includes gatherings such as church and religious services, concerts, conferences, and other events or places where large numbers of people gather together.

If you are immunocompromised or have underlying medical conditions which put you at an increased risk for severe

symptoms of COVID-19, you should not attend any mass gatherings.

Stay home if you are sick. We ask employers for leniency and tolerance for employees who are sick and need to stay home to help prevent the spread of this disease.

If you are older than the age of 60 or are immunocompromised, you should limit your participation in groups of more than 20 at a time.

Anyone who is immunocompromised or who has underlying medical conditions which puts them at an increased risk for severe symptoms for COVID-19 should avoid gatherings with 20 or more people. This recommendation does not apply to businesses.

If you can work from home, we are asking business leaders to implement teleworking as soon as possible.

Businesses should allow employees to telework immediately, if feasible. We encourage business leaders to make teleworking available to as many employees as possible and expand what they may already be doing in this regard.

Long-term care facilities will have restricted or screened access.

Local health departments must protect our most vulnerable citizens. We ask that local health departments work closely with long-term care facilities to restrict visitor access and monitor employees and visitors for symptoms of COVID-19.

All Utah Systems of Higher Education institutions are 'going digital'. Campuses and campus services will remain open. Labs will still be held.

Encourage social distancing and travel restrictions for students, employees, and staff. Restrict nonessential travel for employees. School-sponsored events and gatherings should be canceled. Classes will be conducted online as immediately as possible

Public and charter K-12 schools are dismissed (<https://coronavirus.utah.gov/utahs-public-schools-dismissed-for-two-weeks/>) for two weeks beginning March 16.

Schools will continue instruction online, where possible. They will also continue to provide some basic services for students and parents who depend on schools for nutrition and safety, but they will not provide any daycare or in-person group activities.

If You Think You May Have COVID-19

If you have recently traveled or been exposed to somebody who has tested positive for COVID-19 and experience symptoms such as fever, cough, or shortness of breath, you should seek immediate medical care. Be sure to tell your doctor about your recent travel, and avoid contact with other people while you are sick.

Prevention Methods for Everybody

Everyone can take steps to stop the spread of disease, such as:

- Avoid non-essential travel to China.
- Avoid travel and contact with other people if you are sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid contact with sick people.

Protect Your Business, Employees

Business owners and employers may be concerned about how the novel coronavirus could impact their workplace, and employees may be concerned about stigma or discrimination.

[Click here](https://www.cdc.gov/coronavirus/2019-ncov/guidance-business-response.html)

(<https://www.cdc.gov/coronavirus/2019-ncov/guidance-business-response.html>) for recommended strategies to protect your workplace.

Treatment

There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover without treatment. However, you can do some things to relieve your symptoms:

- Take pain and fever medications (Caution: Do not give aspirin to children).
- Use a room humidifier or take a hot shower to help ease a sore throat and

cough.

- If you are mildly sick: drink plenty of liquids, stay home, and rest.

Latest Utah Updates: Advice

The Importance of Social Distancing

MARCH 23, 2020

(<https://coronavirus.utah.gov/the-importance-of-social-distancing/>).

Social Distancing Tips for Business

MARCH 21, 2020

(<https://coronavirus.utah.gov/social-distancing-tips-for-business/>)

What is community spread?

MARCH 14, 2020

(<https://coronavirus.utah.gov/what-is-community-spread/>)

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