



The Governor's Coronavirus Directive For Utah

"Stay Safe, Stay Home"

March 27, 2020

Frequently Asked Questions

When does the Governor's directive take effect?

The directives regarding hygiene, gatherings, travel, and outdoor recreation are effective immediately and will remain in place until 11:59 p.m. on April 13, 2020.

Where does the Stay Safe, Stay Home directive apply?

The governor's directive includes the entire state. The directives establish minimum statewide standards. In consultation with the State, local authorities may impose more stringent directives and orders to address the unique situations in different areas of Utah. These directives are not to be confused with a shelter-in-place order.

Is this mandatory or just guidance?

The state expects all Utah residents and businesses to follow these directives. Goals of the directive are to flatten the curve, reduce the strain on hospitals and the healthcare system, and minimize the impact on medical resources for those with highest need. They are necessary to keep Utah residents safe during the worldwide COVID-19 pandemic.

Can I travel from one county to another county?

You can travel from one county to another county if you're going to work or are doing an essential task. Otherwise, you should stay home.

Will there be police checkpoints, or will the Utah National Guard be enforcing this directive?

No. The Utah National Guard will not be enforcing this directive and there will not be police checkpoints.

How will the police know I'm allowed to be outside my house?

Law enforcement officials will not stop residents who are on their way to or from work or who are out for necessities like going to the pharmacy or getting groceries, or just taking a walk. People gathering in any size group may be asked to physically distance themselves or go home. Adhering to these directives will save lives and it is the responsibility of every Utahns to do their part. We are in this together.



Can I go to the grocery store?

Yes. Go grocery shopping at times when there are less people in the store and try to go by yourself. Do not touch your face, mouth, nose, or eyes while you are in the store. Try not to take your children or older family members to the grocery store. You can also order groceries online and have them delivered or get a pickup order.

How does this directive apply to all Utahns?

All Utahns should do the following:

- Stay at home as much as possible.
- Work from home whenever possible.
- Encourage socializing by phone and video chats.
- Self-quarantine for 14 days after traveling or being exposed to an individual presenting symptoms of illness consistent with COVID-19.
- Engage in appropriate social distancing, including:
 - maintaining a 6-foot distance at all times from other individuals when in public
 - not shaking hands with other individuals
 - not visiting friends or family without urgent need
 - not attending any gathering of any number of people, except for members of the same household or residence
- Follow strict hygiene standards, including:
 - washing hands frequently with soap and water for at least 20 seconds
 - using hand sanitizer frequently
 - avoiding touching your face
 - covering coughs or sneezes (e.g., into the sleeve or elbow, not hands)
 - regularly cleaning high-touch surfaces (e.g., buttons, door handles, counters, light switches)
 - following any other standards promulgated by the Centers for Disease Control and Prevention (CDC), the Utah Department of Health, and applicable local health departments
- Help others as reasonably appropriate to practice all the same principles.

How do these directives apply for people who are age 60 or older, or have serious underlying medical conditions?

People who are age 60 or older or have serious underlying medical conditions are considered high-risk individuals. High-risk individuals should do the following:

- Limit travel to only essential travel, as defined below, including to perform work if you cannot telework
- 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 recreational travel
- Limit attending gatherings of any number of people outside your household or residence
- Do not visit hospitals, nursing homes, or other residential care facilities



How should we interact with people who are age 60 or older, or have serious underlying medical conditions?

People who are age 60 or older or have serious underlying medical conditions are considered high-risk individuals. You should limit physical interactions with high-risk individuals and limit visits to hospitals, nursing homes, and other residential care facilities.

How do these directives apply to children?

The directives for children are as follows:

- Do not attend school outside the home
- Do not arrange or participate in in-person playdates or similar activities
- Do not allow children on public playground equipment

How can I get medical care if I need it?

If you are feeling sick, call a doctor, telehealth hotline or an urgent care center. If you are experiencing symptoms or are currently in isolation, you should stay at home and follow the guidelines provided by a doctor. Do not go to an emergency room unless necessary. Non-medical personal care services should be postponed. When possible, healthcare visits should be done remotely. Contact your healthcare provider to see what telehealth services they provide.

What if I still have to go to work?

Businesses that remain open are reminded to comply with all public health orders, offer telework options wherever possible, continue following strict hygiene policies, and implement enhanced social distancing measures in the workplace where telework is not an option. If you are experiencing symptoms or are currently in isolation, you should stay at home and follow the guidelines provided by a doctor.

Can I order food/groceries?

Yes, grocery delivery will be available as well as meal-delivery, drive-thru, and take-out options.

Will public transportation and ridesharing be available?

Public transportation and ridesharing should be used for essential travel only. When possible, walk, or drive yourself.

Will roads in Utah be closed?

No, the roads will not be closed in Utah. You should only travel if it is essential to your work or health.

What is essential travel?

Essential travel means travel to:

- Safely relocate by an individual whose home or residence is unsafe including individuals who have suffered or are at risk of domestic violence or for whom the safety, sanitation or essential operations of the home or residence cannot be maintained
- Care for a family member or friend in the same household or another household, including transporting family members or friends



- Transport a child according to existing parenting time schedules or other visitation schedules pertaining to a child in need of protective services
- Care for pets, including travel to a veterinarian
- Seek emergency services
- Obtain medications and medical services
- Donate blood
- Obtain food, including delivery or carry-out services, beverages (alcoholic and non-alcoholic), and other grocery items, gasoline, supplies required to work from home, and products needed to maintain the safety, sanitation, and essential operation of homes and residences, businesses, and personally owned vehicles, including automobiles and bicycles
- Perform work if you cannot telework
- Engage in recreational and outdoor activities
- Laundromats and dry cleaners
- Return to a home or place of residence

Can I take a flight out of state?

Planes and any other form of travel should only be used for essential travel purposes.

What if my home is not a safe environment?

If it is not safe for you to remain home, you are able and urged to find another safe place to stay during this order. Please reach out for help. You may call the Utah Domestic Violence Hotline at 800-897-5465 or contact your local law enforcement.

Can I visit friends and family?

For your safety, as well as the safety of those in your community, you should remain at home and not visit friends or family without urgent need. If possible, it is recommended that you drop off supplies, food, and medication to those relatives in need of assistance, but minimize interaction.

Can my kids play with their friends?

For your safety, as well as the safety of those in your community, your kids should remain at home to help fight the spread at COVID-19. Do not arrange or participate in in-person playdates or similar activities.

What about my pet?

You may walk your dog and seek medical care for your pet should they require it. Be sure to practice social distancing while out on walks, maintaining at least 6 feet from other neighbors and their pets.

Does the Stay Safe, Stay Home directive mean I can't take my kids to the park?

Families will still be able to go outside, including to parks and outdoor spaces that remain open, and take a walk, run, or bike ride but should continue to practice social distancing by doing the following:

- Remain at least six feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, biking, driving for pleasure, hunting, or fishing)



- Do not congregate at trailheads, parks, or other outdoor spaces
- Do not engage in close-contact or team sports
- Do not go to or engage in activities at a state park located outside the county in which you reside (the availability of national parks will be determined in consultation with the National Park Service and the county in which the park is located)

Playgrounds are closed because they pose a high risk of increasing transmission.

What is the difference between the Stay Safe, Stay Home directive and social distancing?

Social distancing is an important first step in preventing the spread of a disease like COVID-19 that allows people to go about their daily activities while taking extra health and safety precautions. The Stay Safe, Stay Home directive requires people to remain in their homes unless they are going to work or are doing an essential task like going to the grocery store or walking a pet.

Can I go outside or leave my home to exercise?

Yes. Going outdoors or taking a walk is perfectly acceptable if maintaining a distance of at least 6 feet away from another person at all times while outside. Do not congregate at trailheads and other outdoor spaces. If exercising outside, you should still practice social distancing by running or walking at least six feet away from other people and without touching common areas. Do not travel to, or participate in activities at, places of public amusement or public activity, public swimming pools, exercise gyms or fitness centers.

Can I pick up meals being provided by my child's school?

Yes, schools may send home food at the times designated by the school.

Can I go out to do laundry?

Yes. Laundromats, dry cleaners and laundry service providers are open.

How does this directive apply to businesses and nonprofit organizations?

The Stay Safe, Stay Home directives applies to businesses and non-profits as follows:

- Engage in appropriate social distancing, including:
 - maintaining a 6-foot distance at all times from other individuals when in public
- Respond in a flexible way to varying levels of disease transmission in the community and refine business response plans as needed
- Consider how best to decrease the spread of COVID-19 and lower the impact in the workplace. This may include activities in one or more of the following areas:
 - reducing transmission among employees and volunteers
 - maintaining healthy business operations
 - maintaining a healthy work environment
- Encourage and enable employees and volunteers to telework from home. Only employees or volunteers who perform work that cannot be done from their home should be exempted from teleworking
- Utilize video conferencing and virtual meeting services



- Implement policies for employees and volunteers who cannot telework, including:
 - requiring employees and volunteers who present symptoms of illness consistent with COVID-19 to stay home
 - not requiring a positive COVID-19 test result or health care provider's note for employees or volunteers who stay home due to illness
 - enhancing social distancing by grouping employees and volunteers into cohorts of no more than ten individuals that have limited contact with other cohorts in the workplace
 - enabling employees and volunteers to follow the directives for all individuals, as described above (e.g., by providing hand soap, hand sanitizer, or sanitizing wipes)
 - minimizing face-to-face contact with high-risk employees and volunteers, or assigning work tasks to high-risk employees and volunteers that allow them to maintain a distance of at least six feet from other workers, customers and visitors, or to telework if possible
 - implementing flexible work hours (e.g., staggered shifts)
- Assess essential functions and the reliance that others and the community have on services or products offered
 - Be prepared to change business practices if needed to maintain critical operations (e.g., identify alternative suppliers, prioritize existing customers, or temporarily suspend some of your operations if needed)
 - Identify alternate supply chains for critical goods and services
 - Coordinate with companies that provide your business with contract or temporary employees or volunteers about the importance of sick employees and volunteers staying home and encourage them to develop non-punitive leave policies
 - Coordinate with business partners about your response plans. Share best practices with other businesses in your communities (especially those in your supply chain), chambers of commerce, and associations to improve community response efforts
- Take measures to accommodate high-risk individuals in the workplace

Are there exemptions for businesses and nonprofit organizations?

These directives do not apply to the following:

- Health care professionals
- Law enforcement officers and first responders
- Faith leaders and workers, including an official, worker, or leader in a house of worship or other places of religious expression or fellowship, wherever their services may be needed. Faith leaders and workers also include a worker necessary to plan, record, and distribute online or broadcast content to community members
- Charitable and social services organizations, including workers supporting organizations that provide food, shelter, prescription delivery, mental health and substance abuse treatments, and other social services, as well as other necessities of life for individuals in need of such services, older adults who live alone, people with disabilities, and those who need assistance as a result of this emergency

