DALLAS COUNTY COVID-19 RELATED HEALTH GUIDANCE FOR THE PUBLIC



September 19, 2020

Dear North Texas,

Attached is an updated document to continue to guide us as we navigate in our community during the COVID-19 pandemic. This document includes new and updated information and activities. The Public Health Committee made up of public health, epidemiology, and infectious disease leaders, who have prepared their entire adult lives to advise us in this moment, continues to keep us up to date with new recommendations and strategies. Their goal is to keep us safe through continued containment of COVID19.

Remember, just because we can do something doesn't mean we should do it. Discouraged actions should not be considered as personal infringements but rather as acts of solidarity with local health professionals, our neighbors, and those for whom we care the most. By adhering to these suggestions, we will compound the progress we've made and arrive more quickly – and safely – to gathering with the community we've come to know and love.

Best **Clay Lewis Jenkins**

Clay Lewis Jenkins (

Dallas County Judge

ASSUME PERSONAL RESPONSIBILITY

Public health guidance cannot anticipate every unique situation. Residents should take responsibility, stay informed, take actions based on common sense, and follow the guidance offered by health care experts.

2 DO AN HONEST SELF-ASSESSMENT

In addition, all individuals are encouraged to perform an honest self-assessment before engaging in activities outside of the home. This assessment should include asking two questions:

Am I healthy enough to leave the home, or do I fall into a high-risk category, based on age or other medical conditions?

Is there someone in my home, or someone I interact with on a regular basis, who falls into a high-risk category?

If the answer to either of these questions is yes, then exercise extra caution and discretion before leaving the home. Is it a want or is it a need?



3 PERFORM PROTECTIVE HYGIENE, DISTANCE YOURSELF PHYSICALLY, AND CLEAN THE ENVIRONMENT

Dallas County residents should practice good hygiene and cleaning practices to minimize the risk of transmission of the virus. These include but are not limited to the following:

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Wear an appropriate facial covering or mask when out in public or when in the company of others.

Multilayer paper, cotton/cloth, or other appropriate masks are highly preferred to fleece, bandanas, or "gaiter" style coverings which do not offer the same level of protection or droplet reduction. Masks with vents should not be worn around others as they put others at risk.



Physically distance and keep at least 6 feet between people to reduce the risk of spread.



Wash hands with soap and water for at least 20 seconds as frequently as possible or use alcohol based hand sanitizer after interactions with people or objects.



Stay home if ill or if quaranting following an exposure.



Cover coughs or sneezes into the sleeve or elbow, not hands.



Clean high-touch surfaces (buttons, door handles, counters, etc.) regularly.



Avoid touching your face.



Refrain from hand shaking.

ASSESS THE RISK

Individuals should assess their risk and make decisions based on their specific circumstances. Those at high risk for COVID-19 (elderly, diabetic, etc.) and those around them should use extra precautions as outlined by the Centers of Disease Control and Prevention (CDC), Texas Department of State Health Services (DSHS), and Dallas County Health and Human Services (DCHHS). For additional guidance see the Dallas County Guidance for individuals at high-risk for severe COVID-19 or complications from COVID-19.



PREVENTION

Recommend all individuals over 6 months receive a licensed, age-appropriate flu vaccine.



IN GENERAL

Outdoor, as opposed to indoor, activities decrease the risk of COVID-19 transmission. **Outdoors is better.**

If indoor activities are considered, spaces/rooms that are well ventilated decrease the risk of COVID-19 transmission.

Closed or confined settings are worse.

As the number of people in a group activity increases, the risk of COVID-19 transmission increases.

Increased numbers of people are riskier.

Greater distance between people decreases the risk of COVID-19 transmission. **More space is good.**

Do not participate in any activities if you have fever, cough, or other symptoms of COVID-19.

Exposing people to illness contributes to spread.

DALLAS COUNTY RISK GUIDANCE

This Dallas County Risk Guidance system/scale for the risk of activities that may put the public at risk of acquiring COVID-19 is based on guidance from the State of Texas, the CDC, and other national and international public health authorities. The system includes four levels of risk: **RED, ORANGE, YELLOW, and GREEN**. The members of the Public Health Committee will use the latest information on local disease activity to advise county officials on the risk level that applies. Specific indicators for changing risk level can be found on the Dallas County website: Dallas County Key Covid-19 Response Metrics/Indicators.

The color-coded guidance system was put together under the leadership of the Public Health Committee and the DCHHS Department to provide specific direction to Dallas County residents. Residents are urged to strictly follow the protective measures of each color to maintain their own health and avoid a resurgence of the epidemic that would cause greater harm to individuals, businesses, and communities.



	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Going to a Restaurant	Individuals should avoid dine-in eating and limit to drive-through, curbside takeout, or delivery. Individuals should look for safe practices in the establishment such as staff wearing facial coverings, touch-free options for payment, and pickup.	Drive-through, curbside, takeout, or delivery options remain preferable. Outdoors seating is preferred and can be considered if tables are spaced at least 6 feet. Indoor dining is not advised and can only be considered with table spacing to allow six feet between seated patrons, occupancy levels are low, and staff and other patrons are wearing facial coverings and observing physical distancing. Facial coverings should be worn by staff at all times and patrons when not eating. Avoid or exercise extreme caution if over 65 or in a high-risk group.	Outdoor and indoor dining services with appropriate physical distancing and at least 6 feet between seated patrons and moderate occupancy can be considered. Continue to seek establishments keeping staff and patrons safe by wearing facial coverings and other good practices.	Indoor and outdoor dining options at restaurants operating under proper safety precautions for staff and customers.Wear facial coverings and practice physical distancing and frequent hand hygiene.
Going Shopping	Limit trips to once a week or as necessary. Avoid all but essential shopping and opt for delivery or curbside pick- up if available. Practice strict physical distancing while in stores and wear cloth face coverings. Avoid stores where staff are not wearing facial coverings or other safety precautions are not being enforced. Avoid if over 65 or in a high-risk group.	Continue to limit trips and practice physical distancing. Facial coverings should be worn by patrons and store employees at all times. Trips to non-essential stores, such as retail, could be considered, but delivery or curbside pick- up are still preferred. Avoid if over 65 or in a high-risk group.	In-store shopping with physical distancing. Facial coverings should be worn by patrons and store employees at all times. Avoid crowded sto res or seek alternate times to do your shopping. Shopping for non-essential items should be kept to a minimum.	Continue personal protective measures. Wear facial coverings and practice physical distancing and frequent hand hygiene.

High Community Risk for COVID-19 Transmission

Eliminate non-essential

Moderate Community Risk for COVID-19 Transmission Low Community Risk for COVID-19 Transmission

New Normal Risk for COVID-19 Transmission

Travel/ Tourism

travel and group settings. For essential travel, practice strict physical distancing, wear facial coverings, and look for places with no-contact payment and staff taking appropriate precautions. Check if COVID-19 is spreading at your destination or if the destination has requirements or restrictions for travel. Check websites for what steps airlines, hotels, and other facilities are taking to protect quests. Seek airlines that require facial coverings on staff and passengers and leave middle seats vacant. Wipe down shared spaces frequently. Avoid all group settings or crowded areas at hotels or other facilities. Wear facial coverings in the terminal, hotel lobby, or other common areas, taking the stairs instead of riding elevators with strangers and minimizing your time in areas where you might be closer than 6 feet to other people. Wipe room surfaces upon arrival. If eating, follow the above red recommendations for "restaurants". Do not eat in shared dining areas. Avoid travel if over 65 or in a high-risk group.

Avoid non-essential travel and continue practicing physical distancing and wearing facial coverings. Check if COVID-19 is spreading at your destination or if the destination has requirements or restrictions for travel. Check websites for what steps hotels and other facilities are taking to protect guests. Seek airlines that require facial coverings on staff and passengers and leave middle seats vacant. Wipe down shared spaces frequently. Wear facial coverings in the terminal, hotel lobby, or other common areas, taking the stairs instead of riding elevators with strangers and minimizing your time in areas where you might be closer than 6 feet to other people. Wipe room surfaces upon arrival. Avoid dining in group settings in hotels or other facilities. If eating, follow the above orange recommendations for "restaurants". Avoid travel if over 65 or in a high-risk group.

Practice physical distancing, good hand hygiene, and wearing facial coverings. Limit non-essential travel, though travel may be considered to locations without high or medium community COVID-19 spread. Check websites for what steps hotels and other facilities are taking to protect guests. Seek airlines that require facial coverings on staff and passengers and leave middle seats vacant. Wear masks in the terminal, hotel lobby, or other common areas. taking the stairs instead of riding elevators with strangers and minimizing your time in areas where you might be closer than 6 feet to other people. Wipe room surfaces upon arrival. Reduce and minimize time spent in group settings.

Non-essential travel may be considered if there is no high or medium COVID-19 community spread. Minimize time spent in group settings. Continue personal protective measures. Wear facial coverings and practice physical distancing and frequent hand hygiene.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Attending Events & Entertain- ment	Avoid group settings. Opt for in-home en- tertainment options to avoid unnecessary risk. Avoid if over 65 or in a high-risk group.	Attendance not recommended. Only attend events with good practices in place to ensure safe distancing restrictions. Smaller events with less than 10 people and outdoors are preferred. Wear facial coverings and practice good hand hygiene. Other attendees and event staff should do the same. Options like drive-in movies would be acceptable if physical distancing can be maintained throughout the whole event and individuals (household members only) remain in cars. Avoid food and beverage consumption and concessions. Avoid if over 65 or in a high-risk group.	Attend events only with proper physical distancing practices in place. Opt for small to medium size events (<50 people) to avoid large group settings. Consider events that stagger admission times and cap attendance. Outdoor events are preferred. Options like drive-in movies would still be preferred with physical distancing throughout the whole event. Limit food and beverage consumption from concession stands if good hand hygiene, cleaning practices, and physical distancing cannot be maintained. Avoid if over 65 or in a high-risk group.	Attending events with larger groups can be considered. Wear facial coverings and practice physical distancing and frequent hand hygiene. Limit food and beverage consumption from concession stands if good hand hygiene, cleaning practices, and physical distancing cannot be maintained.
Visiting Outdoor Entertain- ment Zoos, Arboretum, Concerts, Theme Parks	Not recommended un- less maintaining physical distancing is possible. All high touch surfaces should be avoided. Prac- tice strict hand hygiene. Facial coverings should be worn by visitors and staff. Avoid if over 65 or in a high-risk group.	Consider some enter- tainment options as long as physical distancing can be maintained and proper cleaning is taking place on high-touch services such as tables, rides, etc. The number of people at events should remain limited. Consid- er waiting to attend if there are crowds and physical distancing is not possible. Wear facial coverings, practice hand hygiene, and look for staff and other patrons to do the same. Limit food/ beverage consumption from concession stands if good hand hygiene, cleaning practices, and physical distancing can- not be maintained.	Continue good personal protective measures such as facial coverings and physical distancing. Con- sider events that are less crowded and have better controls to keep you safe such as capped numbers of attendees and good cleaning practices. Limit food/beverage consump- tion from concession stands if good hand hy- giene, cleaning practices, and physical distancing cannot be maintained.	Attending events with larger groups can be considered. Minimize time spent in group settings. Continue personal protec- tive measures. Wear facial coverings and practice good physical distancing and frequent hand hy- giene. Staff and other pa- trons should do the same. Staff should demonstrate appropriate cleaning practices. Limit food and beverage consumption from concession stands if good hand hygiene, cleaning practices, and physical distancing cannot be maintained.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Attending Religious Services Funerals Large Gatherings	Avoid in-person attendance. Utilize virtual methods, such as live streaming or other social media- based platforms, for continuance of faith practices.	Virtual methods preferred. In-person attendees should be limited to a number that allows full physical distancing (6 feet on all sides); ideally fewer than 10 people. Facial coverings should be worn by all attendees. Hand hygiene should be practiced. Choirs, singing, and projection of voices should be avoided. Avoid specific practices that involve close interaction, touch, or shared objects. Avoid social gatherings that may precede or follow services. Avoid if over 65 or in a high-risk group.	Maintain physical distancing and facial coverings. Limit gatherings to 50 people. Choirs, singing, and projection of voices should be avoided. Avoid specific practices that involve close interaction, touch, or shared objects. Wear facial coverings and practice good physical distancing and frequent hand hygiene.	Larger group attendance at religious services and funerals can be considered. If possible, continue to sit well spaced from other attendees and practice good personal protective measures. Wear facial coverings and practice physical distancing and frequent hand hygiene.
Going to Movie Theaters	Not recommended.	Options like drive-in movies preferred if physical distancing can be maintained throughout the whole event and individuals (household members only) remain in cars. Attendance at movie theaters not recommended unless seating is spaced to allow at least 6 feet of space around each individual or household group. Capacity should be limited to less than 25% occupancy. Practice hand hygiene. Facial coverings should be worn by all patrons and staff due to being inside an enclosed space for a long duration of time. Look for places with good cleaning and safety practices. Limit food consumption from concession stands if good hand hygiene can't be maintained. Avoid if over 65 or in a high-risk group.	Patrons and staff should continue to practice physical distancing, hand hygiene, and wear facial coverings. Look for good compliance from other patrons and staff. Continue to look for facilities with good operational practices and controls to keep you safe, including good cleaning and safety practices. Maintain at least 6 feet of space around each individual or household group when seated. Capacity should be limited to less than 50% occupancy. Limit food and beverage consumption from concession stands if good hand hygiene, cleaning practices, and physical distancing cannot be maintained.	Higher occupancy rates and limited physical distancing may be allowed. If possible, continue to sit well spaced from other attendees. Practice good personal protective measures. Wear facial coverings and practice physical distancing and frequent hand hygiene. Staff and other patrons should do the same. Continue to look for facilities with good operational practices and controls to keep you safe, including good cleaning and safety practices. Limit food and beverage consumption from concession stands if good hand hygiene, cleaning practices, and physical distancing cannot be maintained.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Attending Small Gatherings: BBQs, Neighborhood or Family Gatherings, Birthday Parties, Showers (Bridal, Baby), etc.	Avoid in-person attendance. Utilize virtual methods such as live streaming, or other social media-based platforms. Avoid if over 65 or in a high-risk group.	In-person attendees should be limited to a number that allows full physical distancing (at least 6 feet on all sides); fewer than 10 people excluding those who are ill or had a known exposure. Outdoor activities preferred. Wear facial coverings and practice physical distancing and frequent hand hygiene. Avoid specific activities involving close interaction, touching, or sharing objects. Clean solid surfaces frequently. Consider disposable utensils. Encourage participants to bring their own food. If host is serving, limit the number of people handling food. Avoid if over 65 or in a high-risk group.	Maintain physical distancing (at least 6 feet on all sides) and use facial coverings. Limit gatherings to 50 people, excluding those who are ill or had a known exposure. Outdoor activities preferred. Avoid specific practices that involve close interaction, touch, or shared objects. Clean solid surfaces frequently. Consider disposable utensils. If host is serving, limit the number of people handling food. Wear facial coverings and practice physical distancing and frequent hand hygiene.	If possible, continue to sit well spaced from other attendees and practice good personal protective measures. Exclude those who are ill or had a known exposure. Clean solid surfaces frequently. Wear facial coverings and practice physical distancing and frequent hand hygiene.
Visiting Museums/ Libraries	Not recommended unless virtual options or touchless curbside pick- up of books is available. Avoid if over 65 or in a high-risk group.	In-person gatherings permitted but with maintenance of strict physical distancing guidelines and limiting occupancy to less than 25%. Small groups advised. Look for activities and places where safe physical distancing requirements can be met. Limit trips to avoid unnecessary risk. Avoid all high touch or interactive areas or exhibits. Staff and visitors use facial coverings and practice physical distancing. Look for organizations with good cleaning practices and attendance controls to reduce crowds. Practice good hand hygiene if you must use shared items like a library computer. Avoid if over 65 or in a high-risk group.	Attendance at facilities with moderate number of people (less than 50% occupancy) if desired but still not preferred. Continue to avoid high touch areas and exhibits. Good hand hygiene should be used if sharing items like computers. Wear facial coverings and practice physical distancing and frequent hand hygiene.	Avoid crowded areas or peak times for facilities to reduce time spent in large crowds. Practice good personal hygiene and protective measures. Wear facial coverings and practice physical distancing and frequent hand hygiene.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Using Personal Services (Barber Shops; Nail Salons; Hair Salons and similar services)	Not recommended.	Individuals should only visit businesses operating under strict hygiene protocols. Staff and clients must wear facial coverings, practice physical distancing, and practice frequent hand hygiene. High touch surfaces and shared equipment should be cleaned frequently. Limit capacity to 25% occupancy. Staff and clients should monitor symptoms. Avoid if over 65 or in a high-risk group.	Individuals should only visit businesses operating under strict hygiene protocols. Staff and clients must wear facial coverings, practice physical distancing, and practice frequent hand hygiene. High touch surfaces and shared equipment should be cleaned frequently. Limit capacity to 50% occupancy (can use shifts to increase productivity). Staff and clients should monitor symptoms.	Individuals should only visit businesses operating under strict hygiene protocols. Staff and clients must wear facial coverings, practice physical distancing, and practice frequent hand hygiene. High- touch surfaces and shared equipment should be cleaned frequently. Staff and clients should monitor symptoms.
Home Repair	Avoid non-emergency repairs. If emergency repairs are required, practice strict physical distancing from workers and assure all individuals practice hand hygiene and are wearing facial coverings. Exercise extreme caution if over 65 or in a high-risk group.	Consider only emergency or non-cosmetic repairs. Continue physical distancing and make sure workers practice hand hygiene and are wearing facial coverings. Delay or exercise extreme caution if over 65 or in a high-risk group.	Continue physical distancing and make sure workers are wearing facial coverings.	Continue physical distancing and make sure workers are wearing facial coverings.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Going to Gyms	Not recommended. At home workouts or walks/running recommended with physical distancing. Avoid if over 65 or in a high-risk group.	Not recommended. Only personal training with appropriate physical distancing, facial coverings, and hygiene precautions in place can be considered. Virtual training remains preferred. Group fitness classes, especially indoor classes, are strongly discouraged. Outdoor fitness classes with social distancing and non-shared equipment should be considered. Low impact and non- aerobic yoga and pilates classes at 25% capacity with facial coverings and physical distancing can be considered. Implement frequent strict cleaning practices. Clean equipment before and after use. Avoid locker rooms. Do not use saunas or spas. Avoid if over 65 or in a high-risk group.	Use facilities with reduced number of attendees (<25% capacity). Implement aggressive hand hygiene, strict cleaning practices, and physical distancing (spacing of workout equipment) strongly recommended. Continue to avoid locker rooms. Do not use saunas or spas.	Use facilities where hand hygiene is made available and strict cleaning measures are in place. Seek to work out during less busy times. Clean equipment before and after use. Individuals should shower and change at home to avoid locker room settings.
Visiting Public Swimming Pools	Not recommended.	Not recommended unless strict protocols are in place such as swimming in lanes only or staying well-spaced within the pool. Do not use locker rooms. No group water aerobics classes. Look for facilities with good cleaning practices, avoid all high touch surfaces, and practice good hand hygiene after touching any necessary surface like pool ladder rails. Staff and clients wear facial coverings when not in pool and practice good physical distancing and frequent hand hygiene. Do not eat in the pool area. Avoid if over 65 or in a high-risk group.	Swimming should only be considered with physical distancing in pools. Avoid all group settings related to pool activity. Make sure lounge chairs or beach towels are spaced appropriately. No group water aerobics classes. Maintain family groups. Do not use locker rooms or other high touch facilities unless absolutely necessary. Continue good personal hygiene practices. Staff and clients wear facial coverings when not in pool and practice good physical distancing and frequent hand hygiene.	Staff and clients wear facial coverings when not in pool and practice good physical distancing and frequent hand hygiene. Perform hand hygiene before eating in the pool area.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Participating in Individual Sports (Golf, Running, etc.)	Use areas where physical distancing can be maintained and no equipment should be shared. Wipe equipment before and after use. Spread out times for ap- pointments or tee times. Wear facial covering when golfing in groups. Perform hand hygiene frequently. Avoid if over 65 or in a high-risk group.	Acceptable as long as safe distancing can be maintained and no equipment should be shared. Wipe equipment before and after use. Spread out times for ap- pointments or tee times. Wear facial covering when golfing in groups. Perform hand hygiene frequently. Exercise ex- treme caution if over 65 or in a high-risk group.	Acceptable as long as safe distancing can be maintained and no equipment should be shared during the activity. Wipe equipment before and after use. Wear facial covering when golfing in groups. Perform hand hygiene frequently.	Wear facial coverings and practice phys- ical distancing and frequent hand hygiene. Do not share equip- ment during the activ- ity. Wipe equipment before and after use.
Participating in Team Based Recreational Sports	Not recommended.	Small group non-contact sports like tennis could be considered in groups of 2 to 4 people, ideally within household groups. Avoid sports like soccer, baseball, basketball, football, hockey outside household groups. Shared equipment, locker rooms, or group settings should be avoided. Practice good hand hygiene following activities. Clean equipment before and after use. Wear facial coverings when possible and physically distance. Coaches, spectators, and others wear masks and should physically distance at least 6 feet from others. Avoid if over 65 or in a high-risk group.	Small to medium group sports with limited contact could be considered. Avoid high contact sports like wrestling or martial arts. Shared equipment, locker rooms, or group settings should be avoided. Wear facial coverings when possible and physically distance. Practice good hand hygiene following activities. Clean equipment before and after use. Coaches, spectators, and others wear masks and should physically distance at least 6 feet from others.	High contact sports like wrestling or martial arts should still be avoided without rigorous testing and cleaning programs. Practice good hand hygiene following activities. Clean equipment/mats before and after use. Wear facial coverings when possible and practice physical distancing and frequent hand hygiene.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Laundromats or Similar Settings	Limit trips as necessary. When possible, use drop off service. Wear facial coverings and practice physical distancing and frequent hand hygiene. As possible while waiting for laundry to complete, wait outside the facility. Minimize time in the facility by taking washed and dried clothes home to fold. Avoid locations where staff and other patrons are not wearing facial coverings at all times or other safety precautions are not being enforced. Avoid hours where facilities may be most crowded. Look for facilities where machines are wiped down before use or wipe down buttons/knobs yourself before use. Wash or sanitize hands following contact with machines. Non high-risk family members should be responsible for laun- dry if possible.	Limit trips as necessary. Wear facial coverings when possible and prac- tice physical distancing and frequent hand hy- giene. As possible while waiting for laundry to complete, wait outside the facility. Minimize time in the facility by taking washed and dried clothes home to fold. Avoid locations where staff and other patrons are not wearing facial coverings at all times or other safety precautions are not being enforced. Avoid hours where facilities may be most crowded. Look for facili- ties where machines are wiped down before use or wipe down buttons/ knobs yourself before use. Wash or sanitize hands following contact with machines. Consider having those under 65 or family members of high-risk individuals be responsible for laundry.	Wear facial coverings when possible and prac- tice physical distanc- ing and frequent hand hygiene. Try to limit the number of visits. Avoid locations where staff and other patrons are not wearing facial coverings or other safety pre- cautions are not being enforced. Look for facilities where machines are wiped down before use or wipe down buttons/knobs yourself before use. Wash or sanitize hands following contact with machines.	Continue personal protective measures. Wear facial coverings when possible and practice physical dis- tancing and frequent hand hygiene. Look for facilities where ma- chines are wiped down before use or wipe down buttons/knobs yourself before use. Wash or sanitize hands following contact with machines.
Manufacturing and Construction	Limit projects to those emergent/urgent relating to critical infrastructure. For those projects, practice physical distancing to the extent possible; assure all individuals practice hand hygiene and are wearing facial coverings suitable for the construction environment. Stagger shifts, breaks and utilize engineering controls, such as partitions, sheeting, etc., when practical. Scrupulous cleaning and disinfection of high touch surfaces should be practiced.	Outdoor projects are preferred. Less urgent projects relating to critical infrastructure can be considered. Continue to practice physical distancing to the extent possible; assure all individuals practice hand hygiene and are wearing facial coverings suitable for the construction environment. Stagger shifts, breaks and utilize engineering controls, such as partitions, sheeting, etc., when practical. Scrupulous cleaning and disinfection of high touch surfaces should be practiced.	Continue to evaluate projects as to priority. Continue to practice physical distancing to the extent possible; assure all individuals practice hand hygiene and are wearing facial coverings suitable for the construction environment. Stagger shifts, breaks and utilize engineering controls, such as partitions, sheeting, etc., when practical. Scrupulous cleaning and disinfection of high touch surfaces should be practiced.	Continue to practice physical distancing to the extent possible; assure all individuals practice hand hygiene and are wearing facial coverings suitable for the construction environment. Stagger shifts, breaks and utilize engineering controls, such as partitions, sheeting, etc., when practical. Scrupulous cleaning and disinfection of high touch surfaces should be practiced.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Going to Bars (NEW GUIDANCE)	Not recommended.	Not recommended.	Individuals should only visit businesses operating under strict hygiene protocols with hand hygiene, physical distancing, facial coverings, and aggressive cleaning of high touch services like bar counter tops. Look for bars where capacity is being kept to 25% occupancy and table service is being used. Avoid congregating at bar counters or other high touch and crowded areas. Service providers and customers should wear face coverings. Avoid if over 65 or in a high risk group. Outdoors is safer than indoors.	Locations with higher occupancy and reduced physical distancing could be considered but remain unpreferred. If possible, continue to sit well spaced from other attendees and practice good personal protective measures including hand hygiene and wearing a facial covering
Bowling Alleys (NEW GUIDANCE)	Not recommended.	Not recommended unless strict physical distancing and cleaning practices are in place. Look for facilities with reduced capacity and cleaning of all equipment and other high touch surfaces. Stay within your household group and do not interact with other groups or utilize other areas of the facility beyond your lane. Equipment should not be shared. Clean equipment and surface before and after use. Avoid if over 65 or in a high risk group. Wear facial coverings. If there is food service see recommendations in the food court section.	Maintain good physical distancing and stay within your household group. Stay within your dedicated lane area and do not utilize other areas in the facility. Shared equipment should be avoided. Practice good hand hygiene following activities. Clean equipment before and after use. Wear facial coverings.	Shared equipment should be avoided. Practice good hand hygiene following activities. Clean equipment before and after use.

High Community Risk for COVID-19 Transmission

Emergency care should

never be delayed.

Moderate Community Risk for COVID-19 Transmission Low Community Risk for COVID-19 Transmission

New Normal Risk for COVID-19 Transmission

Getting Healthcare

Non-emergency care, such as routine physicals or dental cleanings, should be determined with your provider. Utilize telemedicine if possible. Office visits may be considered at the advice of your provider. If you go to a medical facility, wear facial coverings and practice physical distancing and frequent hand hygiene. If possible, wait outside the facility and wait to be called to walk directly into the patient room. If in a waiting room or line, remain at least 6 feet away from other participants. Exercise extreme caution if over 65 or in a high-risk group.

Emergency care should never be delayed. Nonemergency care, such as routine physicals or dental cleanings, should be determined with your provider. Use telemedicine interactions when possible. If you go to a medical facility, wear facial coverings and practice physical distancing and frequent hand hygiene. If in waiting rooms or in lines, remain at least 6 feet away from other participants. Exercise extreme caution if over 65 or in a high-risk group.

Emergency care should never be delayed. Nonemergency care, such as routine physicals or dental cleanings, should be determined with your provider. If you go to a medical facility, wear facial coverings and practice physical distancing and frequent hand hygiene. Follow recommendations of your provider. If you go to a medical facility, wear facial coverings and practice physical distancing and vfrequent hand hygiene.

	High Community Risk for COVID-19 Transmission	Moderate Community Risk for COVID-19 Transmission	Low Community Risk for COVID-19 Transmission	New Normal Risk for COVID-19 Transmission
Food Courts at Malls (NEW GUIDANCE)	Similar to restaurants, individuals should avoid eating in food courts or group dining areas. Ordering food to go and not sitting in the dining area is highly preferred. Look for frequent cleaning of high touch areas including tables, counters, etc. Staff and customers should wear facial coverings.	Eating in the food court should only be considered if tables are appropriately spaced (more than 6 feet), occupancy levels are low, and staff and other patrons are wearing facial coverings and observing physical distancing. (Facial coverings should be worn when not eating). Look for hand sanitizing stations or other means for hand hygiene. Look for cleaning practices that include disinfecting tables between each group. Avoid or exercise extreme caution if over 65 or in a high risk group and follow precautions listed in the new document for high risk individuals	Eating in the food court with appropriate physical distancing (more than 6 feet) and moderate occupancy can be considered. Continue to seek establishments keeping staff and patrons safe by wearing facial coverings and other good practices. (Facial coverings should be worn when not eating). Look for hand sanitizing stations or other means for hand hygiene. Look for cleaning practices that include disinfecting tables between each group.	Food courts operating under proper safety precautions for staff & customers. Look for hand sanitizing stations or other means for hand hygiene. Look for cleaning practices that include disinfecting tables between each group.
Youth Sports (NEW GUIDANCE)	Not recommended.	Small group non-contact sports like tennis could be considered in groups of 2-4 people, ideally with the same group of people if activities are ongoing. Avoid sports like soccer, baseball, basketball, football outside household groups. Practice good hand hygiene following activities. Clean equipment before and after use. Avoid if in a high risk group or live in a household with a high risk individual. Wear facial coverings as much as possible.	Small to medium group sports with limited contact could be considered. Shared equipment should be avoided as well as locker rooms or group settings. Practice good hand hygiene following activities. Clean equipment before and after use. Wear facial coverings as much as possible.	High contact sports like wrestling should still be avoided. Practice good hand hygiene following activities. Clean equipment/mats before and after use.

	High Community	Moderate Community	Low Community	New Normal
	Risk for COVID-19	Risk for COVID-19	Risk for COVID-19	Risk for COVID-19
	Transmission	Transmission	Transmission	Transmission
Participation in Youth and Summer Camps (Day and Overnight) (NEW GUIDANCE)	Not recommended.	Individuals should look for camps that ensure attendees remain in small groups with the same attendees each day to reduce exposure to a higher number of individuals. Camps with an emphasis on outdoor activities should be preferred. Ask camp organizers about their protocols for physical distancing, facial coverings, dining protocols, cleaning processes, and other areas that might be of concern. Attendees should practice physical distancing of 6 feet and wear facial coverings, as well as maintain personal hygiene such as frequent handwashing. Activities should not involve sharing of objects, for example shared sports equipment or craft supplies, unless sanitation of items occurs between each use. Ask camp organizers about where attendees are coming from, neighborhood or local camps are preferred based on reduced interactions with individuals from multiple areas. For overnight camps, make sure that beds are spaced at least 6 feet apart (includes bunks). Assure there is good ventilation (open windows are ideal) in sleeping quarters. Individuals should look for camps with onsite nursing or other health personnel to oversee temperature monitoring and other assessment that may be needed.	Campers may mix between groups but remain at least 6 feet apart and do not share objects. Outdoor activities are prioritized. All campers are from the local geographic area (e.g., community, town, city, or county). Camps need to maintain frequent cleaning of areas with food, all high touch areas, and equipment. For overnight camps, maintain good ventilation in sleeping quarters. Attendees should wear facial coverings, as well as maintain personal hygiene such as frequent handwashing. Individuals should look for camps with onsite nursing or other health personnel to oversee temperature monitoring and other assessment that may be needed.	Campers may mix between groups and not remain spaced apart. All campers are not from the local geographic area (e.g., community, town, city, or county). Camps need to maintain frequent cleaning of areas with food, all high touch areas, and equipment. Attendees should maintain personal hygiene such as frequent handwashing.

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