



# STATE OF UTAH

GARY R. HERBERT  
GOVERNOR

OFFICE OF THE GOVERNOR  
SALT LAKE CITY, UTAH  
84114-2220

SPENCER J. COX  
LIEUTENANT GOVERNOR

May 2020

Dear Faith Leaders,

As you are aware, Utah is seeing good progress in our fight against COVID-19. Together Utahns are successfully implementing our state's collaborative plan, and it has made a difference. The collaboration we have seen has led us to shift the state from red, to orange, and now portions of the state to yellow. Exceptions to this change include individuals who are at high-risk for COVID-19 who must continue to practice every possible precaution.

It is critical for us to continue to care for one another during these difficult times. I am writing today to address the needs of individuals who are at high-risk for severe illness from COVID-19 in our community. The Centers for Disease Control and Prevention provides guidance for these individuals including those who are 65 years or older, people of any age who have serious underlying medical conditions such as chronic lung disease or asthma or serious heart conditions, immunocompromised individuals, individuals who are severely obese, and individuals who have diabetes, chronic kidney disease, or liver disease.

You and I both know the importance of ensuring care for these individuals. As you continue to lead your respective congregations during this time of physical distancing, I know you will continue to keep a close eye on individuals who are at high-risk for COVID-19. Apart from all that you and your congregations are doing, I wanted to emphasize that there are other resources available to help ensure high-risk individuals can safely access the goods and services they need. You are already aware that high-risk individuals can still go for walks, garden, utilize delivery services to support local restaurants, and stay connected to friends and family through phone and video calls.

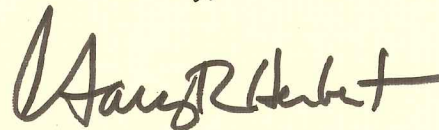
**If you know of individuals who are at high-risk in your congregations and who may need extra assistance to safely access goods and services, please call the High-Risk Individual Hotline at 1-877-424-4640.**

This hotline is primarily for those who live at home and who do not have a support system to help them stay safe. Through the county-based Area Agencies on Aging, individuals who call the hotline can get help with things like meals, delivery of groceries, medical supplies, and prescriptions, and transportation to medical appointments. They can also help with other challenges that may prevent an individual from safely staying at home.

Attached to this letter are the phased guidelines for high-risk individuals under the low-risk or “yellow” phase of recovery for your reference. For more information about protecting individuals at high-risk for COVID-19 or information about coronavirus in Utah, or if you have additional questions please go to <https://coronavirus.utah.gov/> or call 1-800-456-7707. If you or someone in your congregation needs a mask, please go to <https://coronavirus.utah.gov/mask/> or email your questions to [mask@utah.gov](mailto:mask@utah.gov).

I am personally grateful for your efforts as a Faith Leader during this trying time as you have met the needs of so many people in very creative ways! It is my prayer that Utah and the world heal from this pandemic. Thankfully, right now, our plan is working! I would encourage you to pass that message along to your congregations. Together, it's working in Utah, Stay Strong!

Sincerely,

A handwritten signature in black ink, appearing to read "Gary R. Herbert". The signature is fluid and cursive, with a large initial "G" and "H".

Gary R. Herbert  
Governor

## Guidelines for Individuals who are at High-Risk under the Low Risk “Yellow” Phase of Recovery

### **Actions by High-Risk Individuals**

- Face coverings worn in settings where other social distancing measures are difficult to maintain
- For any travel, use appropriate precautions; avoid high-risk areas
- Telework if possible, if not, maintain six-foot distance
- When visiting friends or family, wear face coverings when within a six-foot distance
- Limit physical interactions with other high-risk individuals, except for members of your household or residence
- Social interactions in groups of twenty or fewer people outside your household or residence
- Limit visits to hospitals, nursing homes, or other residential care facilities

### **Interactions with High-Risk Individuals**

- Individuals not experiencing symptoms consistent with COVID-19 take extra precautions and follow strict hygiene standards when interacting with high-risk groups
- Do not interact with symptomatic individuals
- Limit visits to hospitals
- No visits to nursing homes and other residential care facilities
- Targeted testing for those working with high-risk individuals

### **Households with High-Risk Individuals**

- For those living with a high-risk individual, household members should conduct themselves as if they are a significant risk to the high-risk individual
- Wash hands before interacting with high-risk household members, including before feeding or caring for the person
- If possible, provide a protected space for high-risk household members, and ensure all utensils and surfaces are cleaned regularly
- High-risk populations should take extra precautions to avoid close contact with multiple people, including having the same caretakers whenever possible
- Those who are, or work with, vulnerable populations should undergo daily screening/symptom monitoring and should be tested if they develop COVID-19 symptoms
- Consider providing additional protections or more intensive care for high-risk household member

Additional CDC guidance for high-risk populations can be found at

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html>