

Everyday COVID-19 Preventative Measures

Regardless of Teton County's Risk Level, follow these everyday preventative measures to prevent the spread of COVID-19.

Stay home and test

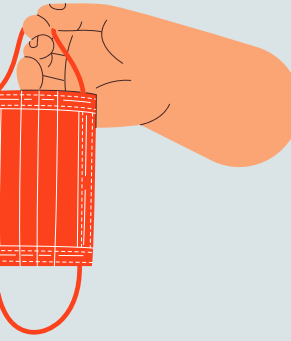
Stay home and test when symptomatic, regardless of vaccination status.

Visit www.curative.com for testing options.



Wear a mask

Wear a mask over your nose and mouth in public indoor spaces, regardless of vaccination status.



Get vaccinated

Protect yourself, family, friends, and neighbors by getting vaccinated and boosted.

Visit www.tetoncountywy.gov/CovidVax for more information.



Keep your hands and surfaces clean

Wash your hands with soap and water for at least 20 seconds and use hand sanitizer when soap and water are not available. Routinely disinfect high touch surfaces.



Teton County's COVID-19 Risk Levels

What does each risk level mean and what can you do? Use this color-coded, public health action-oriented guidance to decrease the spread of COVID-19.

LOW	MODERATE	SUBSTANTIAL	HIGH
<p><u>Follow travel guidance from the CDC and check destination requirements.</u></p>	<p>Travel with caution</p>	<p>Limit Travel If you must travel, limit contact with others in public spaces.</p>	<p>Avoid Travel Travel for essential purposes only.</p>

Travel



- **Fully vaccinated individuals:**
 - Fully vaccinated travelers do not need to get tested before or after domestic travel **unless their destination requires it.**
 - You should still get tested 3-5 days after international travel. **Visit CDC for additional guidance.**
- **Unvaccinated individuals:**
 - Get tested with a viral test 1-3 days before your trip.
 - Get tested with a viral test 3-5 days after returning from travel. Stay home and self-quarantine for a full 7 days after travel, even if you test negative at 3-5 days.

Avoid traveling to areas with high transmission. Follow any state and local recommendations or requirements.

Gathering



Choose safe activities

Outdoor visits and activities are safer than indoor activities.

Gather safely

During family dinners and small social gatherings, continue to practice everyday preventive actions. Wear masks when less than 6 feet apart from people or indoors, and host your gatherings outside when possible.

Avoid large gatherings

Limit group size and host small gatherings outside when possible. Be aware of the vaccination status of others before gathering.

Gather with household members only

Avoid other social, recreational, and extracurricular gatherings with members outside of your household.

Socializing



Limit contact with high risk individuals

Take extra precautions when visiting high risk individuals, especially those who are immunocompromised.

Avoid crowded spaces

High risk individuals should avoid indoor activities with others outside of their household. Mask use is encouraged in public indoor and crowded outdoor spaces, no matter vaccination status.

Avoid the "3 C's"

Spaces that are Crowded, have high potential for Close contact, or are Confined and enclosed with poor ventilation.

Socialize virtually

Do not participate in or host in-person social activities.

Protect vulnerable populations

Follow hospital, nursing home and other residential care facility policies before visiting and take extra precautions.

Errands



Take extra precautions when running errands

Choose alternative times or days to avoid crowded establishments.

Decrease shopping and errand frequency

Minimize trips to get food and limit other personal errands

Only send one person per household.

Contactless, curbside, delivery, takeout, and virtual services are strongly encouraged.

Work



Stay safe at your workplace and wear a mask

Follow the guidelines set by your employer and take everyday COVID-19 Preventative Measures to keep yourself, and others healthy.

Space out at work and wear a mask

Implement staggered schedules and sanitize spaces and objects daily. Phone and video chats are encouraged in place of in-person meetings. Consider teleworking.