

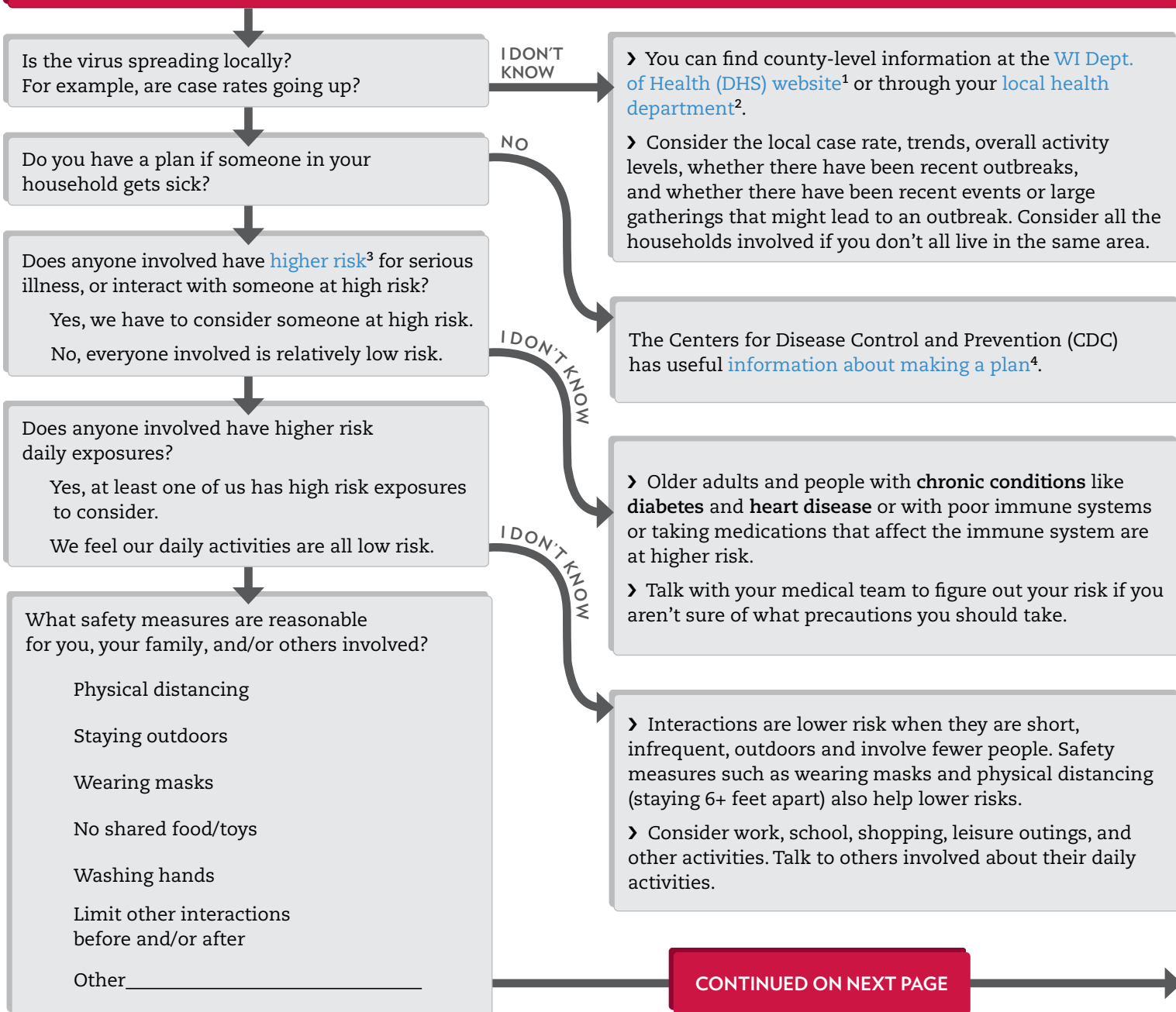
MOVING FORWARD DURING COVID-19



The COVID-19 pandemic led to months of “Stay at Home” orders across the country closing businesses, places of worship, daycares, and encouraging people to stay at home to avoid the spread of the virus. Now that these places are slowly reopening, how do you decide how or when to return to these places or who to start engaging with in-person? This worksheet will help walk you through the decision-making process by helping you weigh out your own risks and benefits of interacting with others in public spaces or in your homes again.

What are you trying to decide? Who is involved?

Consider how many households and how much you know about their daily exposures.



What are the possible benefits for everyone involved? Summary of the benefits:

I DON'T KNOW

- › We all need social connection, and we also need a break from our responsibilities (e.g., caregiving, household upkeep) and time to ourselves.
- › How would this interaction help meet your physical, emotional, mental, social, or spiritual needs? How would it alleviate stress and help you regain some balance in your life?

Overall, how would you rate the risks & benefits?

RISKS
 1 2 3 4 5
 low risk high risk

BENEFITS
 1 2 3 4 5
 low benefit high benefit

Do the benefits outweigh the risks?

YES

NO

- › It's okay to say no to an invitation or wait to change your routine. It's also okay to make a decision and change your mind later.
- › Continue to track the local situation, your own needs, and the needs of others around you to decide when and how to move forward.
- › If you still feel conflicted, try breaking the decision down to two options. For example, should we see family this weekend, or not see them at all until next year? Then pick new options that are less extreme and try again. This exercise might help clarify what feels right for your family.
- › It also might help to talk with your family or those you want to interact with about their own thoughts on the questions above, and how you can all feel most comfortable moving forward.



It sounds like you have a plan to move forward! It's a good idea to also talk about this plan with everyone involved, so you are all in agreement. Summary of plan for moving forward:

REFERENCE LINKS

- 1 <https://www.dhs.wisconsin.gov/covid-19/local.htm>
- 2 <https://www.dhs.wisconsin.gov/lh-depts/counties.htm>
- 3 <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>
- 4 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home.html>

ADDITIONAL RESOURCES

For more guidance on what to consider and how to plan to move forward, use these resources:

- › For family caregivers considering respite care, visit the COVID-19 Respite and Caregiver Resources website: <https://archrespite.org/Covid-19-Respite-Resources>
- › For families deciding about visiting grandparents or sending kids back to daycare, see advice from Emily Oster: <https://emilyoster.substack.com/p/grandparents-and-day-care>

If you think you may have been exposed to the virus that causes COVID-19, you can find more information about getting a test from the Wisconsin Department of Health Services (<https://www.dhs.wisconsin.gov/covid-19/testing.htm>).