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. Until most people are protected by vaccinations and health officials tell us we can relax our safety measures, it is important to continue being cautious with our behaviors and interactions. How do you decide how or when to return to these places or who to start engaging with in-person? This flowchart will help walk you through the decision-making process by helping you weigh out your own risks and benefits.

**What are you trying to decide? Who is involved?**
Consider how many households and how much you know about their daily exposures.

- Is the virus spreading locally? For example, are case rates going up?
  - I DON’T KNOW

- Do you have a plan if someone in your household gets sick?
  - NO

- Does anyone involved have higher risk for serious illness, or interact with someone at high risk?
  - Yes, we have to consider someone at high risk.
  - No, everyone involved is relatively low risk.

- Does anyone involved have higher risk daily exposures?
  - Yes, at least one of us has high risk exposures to consider.
  - We feel our daily activities are all low risk.

- What safety measures are reasonable for you, your family, and/or others involved?
  - I DON’T KNOW
  - These are important until the spread of the virus is very low, even if you’ve been vaccinated!
  - Physical distancing
  - Staying outdoors
  - Wearing masks
  - No shared food/toys
  - Washing hands
  - Limit other interactions before and/or after
  - Other ____________________________

- Interactions are lower risk when they are short, infrequent, outdoors and involve fewer people. Safety measures such as wearing masks and physical distancing (staying 6+ feet apart) also help lower risks.
- Consider work, school, shopping, leisure outings, and other activities. Talk to others involved about their daily activities.

The Centers for Disease Control and Prevention (CDC) has useful information about making a plan.

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

› 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

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<tbody>
<tr>
<td>low risk</td>
<td>high risk</td>
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BENEFITS

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<td>low benefit</td>
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Do the benefits outweigh the risks?

YES

➢ 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.

NO

➢ 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?

Visit us online for more COVID-19 resources

fyi.extension.wisc.edu/covid19

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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 anyone trying to decide how to move forward, visit the Decision Tool from the Wisconsin Department of Health Services: https://www.dhs.wisconsin.gov/covid-19/decision.htm

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).

REFERENCE LINKS