

3 POTENTIAL RISK CONT.

What safety measures are reasonable for me, my family, and/or others involved? **These are important** until the spread of the virus is very low, even if you've been vaccinated!¹ Check the applicable box(es).

| | | | | | | |
|-------------------------------------|--|--|---|-----------|---|---|
| Physical distancing (6+ feet apart) | Washing hands | How do you feel about the personal risk overall? | | | | |
| Staying outdoors | Limit other interactions before and/or after | 1 | 2 | 3 | 4 | 5 |
| Wearing masks | Other (list below) | low risk | | high risk | | |
| No shared food/toys | | | | | | |

4 POTENTIAL BENEFITS

What are the possible benefits for everyone involved? Consider physical, emotional, mental, social or spiritual needs.

What are the consequences of not meeting the needs listed above?

Is it possible to meet the above needs in other ways (e.g., by phone or videoconference)?

How long is the current situation sustainable without a change? Could you go on as you are for 3 months? 6 months? One year?

How do you feel about the potential benefits overall?

1 2 3 4 5

low benefit

high benefit

5 MOVING FORWARD SAFELY

Look again at the potential risks and benefits. How do you feel about the balance? Circle one:

Benefits outweigh risks

Risks outweigh benefits

How have you decided to move forward?

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 at test from the Wisconsin Department of Health Services (<https://www.dhs.wisconsin.gov/covid-19/testing.htm>).

REFERENCE LINKS

- 1 <https://www.dhs.wisconsin.gov/covid-19/vaccine-faq.htm>
- 2 <https://www.dhs.wisconsin.gov/covid-19/local.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>