DECISION WORKSHEET

MOVING FORWARD
DURING COVID-19

Extension
UNIVERSITY OF WISCONSIN–MADISON

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.

1 SITUATION

What are you trying to decide?

_____

_____

_____

Who is involved? How many households?

_____

_____

_____

2 LOCAL CONTEXT

Find your local COVID-19 activity level from the WI Dept. of Health Services.[1]

› *Circle the burden (cases per 100,000 population):*

0–50 **50–100** **100–500** **500–1,000** **1,000–2,000**

› *Circle the trend:* **Shrinking** | **Holding steady** | **Growing**

› *Circle the activity level:* **Low** | **Moderate** | **Moderately high** | **High**

Have there been recent outbreaks or surges? Consider outbreaks in the communities of all the households involved.	Yes	No	Unsure
Have there been high-risk events (e.g., large gatherings) in your area?	Yes	No	Unsure
How do you feel about the local risk overall? Consider all the households involved if you don't all live in the same area.	1 2 3 4 5 low risk — high risk		

3 POTENTIAL RISK

Does anyone involved have a higher risk of serious illness, or interact with someone at high risk?[2] For example, older adults and people with chronic health conditions or poor immune systems, or who take medications that affect their immune system, have higher risk.	Yes	No	Unsure
Does your family have a plan in case someone gets sick? The Centers for Disease Control and Prevention (CDC) has useful information about making a plan.[3]	Yes	No	Unsure

Does anyone involved have higher daily risk exposures? Activities 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. Think about work/school, shopping, leisure outings, and other activities. Talk to others involved about their daily activities as well.

School	Yes	No	Unsure
Work	Yes	No	Unsure
Shopping	Yes	No	Unsure
Leisure	Yes	No	Unsure
Other	Yes	No	Unsure

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3 POTENTIAL RISK CONT.

What safety measures are reasonable for me, my family, and/or others involved? *Check the applicable box(es).*

- ☐ Physical distancing (6+ feet apart)
- ☐ Staying outdoors
- ☐ Wearing masks
- ☐ No shared food/toys
- ☐ Washing hands
- ☐ Limit other interactions before and/or after
- ☐ Other *(list below)*

_____

How do you feel about the personal risk overall?

1 2 3 4 5

low risk high risk

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 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 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/local.htm

2 https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html

3 https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/at-home.html