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 worksheet will help walk you through the decision-making process by helping you weigh out your own risks and benefits.

### 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.

- 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.

Have there been high-risk events (e.g., large gatherings) in your area?

How do you feel about the local risk overall? Consider all the households involved if you don’t all live in the same area.

### 3 POTENTIAL RISK

Does anyone involved have a higher risk of serious illness, or interact with someone at high risk? 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.

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.

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.

<table>
<thead>
<tr>
<th>School</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work</td>
<td>Yes</td>
<td>No</td>
<td>Unsure</td>
</tr>
<tr>
<td>Shopping</td>
<td>Yes</td>
<td>No</td>
<td>Unsure</td>
</tr>
<tr>
<td>Leisure</td>
<td>Yes</td>
<td>No</td>
<td>Unsure</td>
</tr>
<tr>
<td>Other</td>
<td>Yes</td>
<td>No</td>
<td>Unsure</td>
</tr>
</tbody>
</table>
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! Check the applicable box(es).

<table>
<thead>
<tr>
<th>Measure</th>
<th>How do you feel about the personal risk overall?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Physical distancing (6+ feet apart)</td>
<td>1  2  3  4  5</td>
</tr>
<tr>
<td>☐ Staying outdoors</td>
<td></td>
</tr>
<tr>
<td>☐ Wearing masks</td>
<td></td>
</tr>
<tr>
<td>☐ No shared food/toys</td>
<td></td>
</tr>
<tr>
<td>☐ Washing hands</td>
<td></td>
</tr>
<tr>
<td>☐ Limit other interactions before and/or after</td>
<td></td>
</tr>
<tr>
<td>Other (list below)</td>
<td>low risk</td>
</tr>
<tr>
<td></td>
<td>high risk</td>
</tr>
</tbody>
</table>

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

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

How do you feel about the potential benefits overall?

1  2  3  4  5

low benefit high benefit

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 have you decided to move forward?

Benefits outweigh risks

Risks outweigh benefits

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

How do you feel about the personal risk overall?

1  2  3  4  5

low risk high risk

How do you feel about the potential benefits overall?

1  2  3  4  5

low benefit high benefit

For more guidance on what to consider and how to plan to move forward, use these 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](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](https://www.dhs.wisconsin.gov/covid-19/testing.htm)

REFERENCE LINKS

1. [https://www.dhs.wisconsin.gov/covid-19/vaccine-faq.htm](https://www.dhs.wisconsin.gov/covid-19/vaccine-faq.htm)
2. [https://www.dhs.wisconsin.gov/covid-19/local.htm](https://www.dhs.wisconsin.gov/covid-19/local.htm)