



Michael Nielson, DO
Medical Director

Brittney Carlson, RN
Nursing Director

Kirk W. Bengé, MPH
Director

Rick Meyer, BS
Environmental Director

Katie Knight, RN
WIC Director

San Juan Public Health's Coronavirus Guidelines for San Juan County

15 Days to Slow the Spread

1. Our individual actions are crucial to protecting our community. **DO YOUR PART TO PREVENT COVID-19:**
 - All county residents should **work from home whenever possible.**
 - If you work in a critical infrastructure industry, such as healthcare/pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
 - **Avoid social gatherings** in groups of more than 10 people.
 - Avoid eating or drinking in bars, restaurants, and food courts – use drive-thru, pickup, or delivery options.
 - **Avoid discretionary travel, shopping trips, and social visits.**
 - Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.
 - Practice good hygiene:
 - **Wash your hands often.**
 - **Avoid touching your face.**
 - **Sneeze or cough into a tissue, or the inside of your elbow.**
 - **Disinfect frequently used items and surfaces as much as possible.**
2. If you feel sick, stay home. Do not go to work. Monitor your symptoms.
3. If your children are sick, keep them at home.
4. If you are an older person, stay home and away from other people.
5. If you have a serious underlying health condition stay home and away from other people.
6. Due to the fact that community transmission is occurring in Utah, bars, restaurants, food courts, gyms, and other venues where people congregate should be prepared to close or restrict sales to delivery/take-out only.

7. Please be aware that diagnostic testing is only valid for those who **have respiratory symptoms** (fever, cough or shortness of breath). Not everyone should be tested.
8. If you have isolated yourself due to illness and your symptoms worsen or you have difficulty breathing, contact your medical provider by phone prior to going to a hospital or clinic.

We ask all members of our community to work together, follow this guidance, and protect each other by stopping the spread of coronavirus. We are counting on YOU to do your part.