



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

Guide to COVID-19 Travel Restrictions Currently In Effect in San Juan County **-Updated 03/28/2020**

We understand that some of the information provided previously has caused some confusion and frustration. We encourage everyone to *Stay Safe and Stay Home*. To clarify San Juan County Public Health Order 2020-03-27 and provide guidance for San Juan County residents and those considering visiting, please refer to the following clarification:

VISITORS

Visitors/Non-Residents is defined as anyone not primarily living in San Juan County. This is typically a person visiting the County either socially or as a tourist.

Visitors/Non-Residents considering visiting San Juan County risk being fined or ticketed except in cases of essential travel (as defined below). San Juan County Public Health Order 2020-03-27 prohibits visitors from camping or staying longer than necessary to pass through the County.

Our local infrastructure is not equipped for an influx of visitors when COVID-19 cases increase in San Juan County. Our local businesses are struggling to provide necessities to our residents while faced with the added burden of providing for visitors.

RESIDENTS

IN ACCORDANCE WITH SAN JUAN COUNTY PUBLIC HEALTH ORDER 2020-03-27 PLEASE BE ADVISED OF THE FOLLOWING:

All Residents - Defined as a person who lives in San Juan County permanently or has a primary residence in the County.

We are working on your behalf to implement measures that will aid in protecting our community and vulnerable individuals. If you choose to camp out, do not have more than 10 people within a 100 foot radius at any time. Gatherings of more than 10 people are prohibited, this restriction applies to camping.

You are free to travel as needed to obtain food, including delivery or carry-out services, beverages (alcoholic and non-alcoholic), and other grocery items, gasoline, supplies required to work from home, and products needed to maintain the safety, sanitation, and essential operations of homes and residences, business and personally owned vehicles, including automobiles and bicycles.

Discretionary travel should be avoided. Shopping trips should be combined to single trips once per week, whenever possible. Non-essential quick shopping trips such as "pop runs," "cigarette runs," "beer runs" or similar quick trips to grab snacks or other non-essentials, are strongly discouraged.

Residents are encouraged to continue to participate in outdoor activities as families or in groups of less than ten people. In fact there are known benefits to outdoor exercise and San Juan Public Health encourages such activities so long as they are done responsibly and in accordance with current social distancing recommendations.

IN ADDITION TO THE SAN JUAN COUNTY PUBLIC HEALTH ORDER 2020-02-27, WE ALSO STRONGLY ENCOURAGE RESIDENTS TO FOLLOW THE GOVERNOR'S RECOMMENDATIONS AS FOLLOWS:

1. Stay at home as much as possible
2. Work from home whenever possible
3. Encourage socializing by phone and video chats.
4. Self-quarantine for 14 days after traveling or being exposed to an individual presenting symptoms of illness consistent with COVID-19.
5. Engage in appropriate social distancing, including:
 - a. Maintaining a 6-foot distance at all times from other individuals when in public
 - b. Not shaking hands with other individuals
 - c. Not visiting friends or family without urgent need
 - d. Not attending any gathering of any number of people, except for members of the same household or residence.
 - e. Follow Strict Hygiene Standards
6. Discretionary travel for shopping should be avoided. This includes non-essential unnecessary shopping trips such as "pop runs" "cigarette runs", "beer runs", etc. but combine needs and perform minimal shopping trips.

Time Spent Outside - Sunlight and fresh air are beneficial to everyone.

1. Maintain a distance of at least 6 feet away from another person at all times while outside
2. Exercise outside while maintaining 6-foot distance from another person and without touching common areas
3. Do not congregate at trailheads and other outdoor spaces
4. Do not travel to or participate in activities at any of the following locations
 - a. Places of public amusement or public activity, parks
 - b. Public swimming pools, or
 - c. Gyms, and fitness centers.

Travel

1. Limit travel only to essential travel
2. Essential travel means to travel to
 - a. Safely relocate by an individual whose home or residence is unsafe including individuals who have suffered or are at risk of domestic violence or for whom the safety, sanitation or essential operations of the home or residence can not be maintained.
 - b. Care for a family member or friend in the same household or another household, including transporting family members or friends.
 - c. Transport a child according to existing parenting time schedules or other visitations schedules pertaining to a child in need of protective services,
 - d. Care for pets or livestock, including travel to a veterinarian
 - e. Seek emergency services

- f. Obtain medications and medical services
- g. Donate blood
- h. Obtain food, including delivery or carry-out services, beverages (alcoholic and non-alcoholic), and other grocery items, gasoline, supplies required to work from home, and products needed to maintain the safety, sanitation, and essential operations of homes and residences, business and personally owned vehicles, including automobiles and bicycles. As ordered by the Governor, discretionary travel for shopping should be avoided. This includes non-essential unnecessary shopping trips such as "pop runs," "cigarette runs", "beer runs", etc. but combine needs and perform minimal shopping trips.
- i. Perform work if you cannot telework
- j. Engage in recreational and outdoor activities
- k. Laundromats and dry cleaners, and
- l. Return to a home or place of residence.

Recreation and Outdoor Activities and Parks

- Remain at least 6 feet apart from individuals from other households while engaging in outdoor activities (e.g., walking, hiking, running, biking, driving for pleasure, hunting or fishing).
- Do not congregate at trailheads, parks, or other outdoor spaces,
- Do not engage in close-contact or team sports
- Do not go to or engage in activities at a State Park located outside the County in which you reside.
- Canyonlands National Park in San Juan County is closed at this time.
- Edge of the Cedars & Goosenecks State Park are restricted to County residents only.
- For an update on public land closures and/or restrictions please visit:
<https://www.utahscanyoncountry.com/covid19-travel>

SAN JUAN COUNTY'S GUIDANCE FOR BUSINESSES

Throughout this worldwide pandemic, the County's decisions and restrictions have been made keeping you and our citizens in mind. We encourage our local residents to continue essential shopping, to support our local take out services from our food establishments, deliveries from our drug stores, and the many creative adjustments our businesses have made to protect us. We are grateful for the effort you have made to protect our residents and patrons of your businesses. Please refer to this business listing: <http://bit.ly/33tdCKI>

We encourage guides and outfitters to remain open and available to the residents of San Juan County who want to enjoy those services you provide.

We encourage our Hotels, RV parks, and AirB&Bs to remain open to those visitors who are performing essential services or for those who are traveling through our County while engaged in essential travel. We are grateful for the measures you are taking to ensure clean and hospitable environments to protect residents and patrons from the spread of COVID-19.

SAN JUAN COUNTY ALSO STRONGLY ENCOURAGES BUSINESSES TO FOLLOW THE GOVERNOR'S RECOMMENDATIONS AS FOLLOWS:

Directives for For-Profit and Nonprofit Organizations

1. Respond in a flexible way to varying levels of disease transmission in the community and refine business response plans as needed.
2. Consider how best to decrease the spread of COVID-19 and lower the impact in the workplace. This may include activities in one or more of the following areas:
 - a. reducing transmission among employees and volunteers;
 - b. maintaining healthy business operations; and
 - c. maintaining a healthy work environment.
3. Nonprofit organizations shall not assume the role of any government essential service.
4. Encourage and enable employees and volunteers to telework from home. Only employees or volunteers who perform work that cannot be done from their home should be exempted from teleworking.
5. Utilize video conferencing and virtual meeting services.
6. Implement policies for employees and volunteers who cannot telework, including:
 - a. requiring employees and volunteers who present symptoms of illness consistent with COVID-19 to stay home;
 - b. not requiring a positive COVID-19 test result or health care provider's note for employees or volunteers who stay home due to illness;
 - c. enhancing social distancing by grouping employees and volunteers into cohorts of no more than ten individuals that have limited contact with other cohorts in the workplace;
 - d. enabling employees and volunteers to follow the directives for all individuals, as described above (e.g., by providing hand soap, hand sanitizer, or sanitizing wipes);
 - e. minimizing face-to-face contact with high-risk employees and volunteers, or assigning work tasks to high-risk employees and volunteers that allow them to maintain a distance of at least six feet from other workers, customers and visitors, or to telework if possible; and
 - f. implementing flexible work hours (e.g., staggered shifts).
 - g. Assess essential functions and the reliance that others and the community have on services of products offered.

For San Juan County updates please visit: <https://sanjuancounty.org/>

For the State of Utah updates please visit: <https://coronavirus.utah.gov/>