

MOVING FORWARD DURING COVID-19



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.¹ 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.²

➢ 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?³ 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.⁴

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



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 (<i>list below</i>)	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?

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

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

How do you feel about the potential benefits overall?

A horizontal scale with five numerical points (1, 2, 3, 4, 5) arranged in a row. Below the first point is the label "low benefit" and below the last point is the label "high benefit".

5 MOVING FORWARD SAFELY

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

How have you decided to move forward?

Benefits
outweigh
risks

Risks
outweigh
benefits

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 a 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>