

Arizona lifted its stay-at-home order on May 11th, but COVID-19 remains a serious threat to the community. The decision to return to “normal life” needs to be based on necessity and individual risk factors. **Home isolation and social distancing are still the best options for continued safety**, but we understand that parents need to return to work and daycare/camp might be the only option available to you.

For those individuals at high risk, or those with family members at high risk, it is recommended to continue the shelter-in-place guidelines and NOT attend daycare/camps, if possible.

Some conditions that are considered high risk for severe illness with COVID 19:

- 65 years or older
- Individuals in nursing home or long-term care facilities
- Individuals with chronic lung disease or moderate to severe asthma
- Individuals with serious heart conditions
- Individuals who are immunocompromised (Smokers, cancer treatment, immunodeficiencies)
- Individuals with obesity (BMI 40 or greater)
- Individuals with diabetes
- Individuals with chronic kidney disease undergoing dialysis
- Individuals with liver disease

We still recommend:

- Wearing face masks in public- this is important to decrease spread, even if you are asymptomatic—we know that some people are contagious without symptoms
- Avoid touching your hands to face and eyes
- Wash hands with soap and water for 20 seconds frequently, use hand sanitizer when soap and water not available
- Keep surfaces clean with sanitizing solutions
- Keep at least 6 feet apart
- Avoid large crowds and unnecessary travel

For those children returning to daycare or attending summer camps, the CDC has guidelines for social distancing while at daycare, camps, and other community settings, which can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html#SocialDistancing>

For those individuals who do not have a facemask or face covering, the CDC has instructions on how to make your one face covering:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

The following is a link that shows physical distancing with acceptable activities outside of the house.

<https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/novel-coronavirus/public-resources/social-distancing.pdf>

