

Make an Informed Decision to Protect Yourself and Others



Sauk County Public Health (SCPH) knows that people are going to start venturing back out into the community. All social interaction has some level of risk for contracting COVID-19. But many of our local businesses are implementing very good plans to reduce the risk to their customers and staff. Although every situation is unique, the list below is designed to give you a better sense of the precautions you can take to reduce your risk.

When combined with the other 2 legs of our reopening plan (business and organization accountability; public health mitigation), this guidance will help us reopen safely.

The best way to protect yourself and others is to continue maintaining your physical distance from others, stay away from large groups, stay home when you are sick, wash your hands, and wear a cloth face covering. People need to know the risks and balance those with the benefits to make the best decision for their families. But in all cases, people should understand their personal responsibility to not unknowingly spread infection to someone else.

We encourage you to become familiar with the [plans and guidelines](#) that Sauk County individuals, businesses and organizations should follow to keep everyone safe.

HOW CAN I REDUCE THE RISK IF I...	PRECAUTIONS TO REDUCE RISK
invite people to a picnic/BBQ/small gathering	Fewer than 10 people; limit contact with people from different households; stay 6 feet apart from other household groups; everyone bring own utensils; limit sharing of food; stay home if sick; outside is safer than inside; high risk individuals should postpone a couple more weeks
go to the water parks	Difficult to avoid large groups and close contact; stay 6 feet away from other people as much as possible; minimize touching of surfaces; observe what the water park is doing to help protect you and leave if you don't feel comfortable; high risk individuals should postpone a couple more weeks at least
go biking and hiking	Avoid busy paths; stay 6 feet away from other households; cover face and mouth when passing too close to another biker/hiker/jogger
go boating, ATVing	Do not tie onto other boats of people outside your household; stay 6 feet away from people outside your household, even on ATVs; do not gather in groups of more than 10 people
play contact sports (basketball, football, soccer)	Nobody should engage in any high-contact sports with anyone outside of their household
play baseball	Eliminate all but essential contact; no sharing of equipment; no sharing of food or drinks; face coverings when not possible to stay 6 feet away from others (e.g. dugouts); face coverings on field encouraged for those who are able; replace balls frequently; no group celebrations in close contact; maintain 6 feet from people outside your household in bleachers
attend large community gatherings/events	Groups more than 10 people in one place, even outside, increase your risk of infection; stay 6 feet away from people outside your household; stay home when sick; wear face covering; high risk individuals should postpone a couple more weeks at least
go to a garage or yard sale	Safety precautions will be difficult to assess; stay 6 feet away from other people; limit your touching of merchandise; disinfect any purchases before placing in your home; do not stop if there are

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	more than 10 people at the sale; high risk individuals should postpone a couple more weeks
have my kids attend play dates	Impossible to keep kids apart and not share toys or food; stay home if anyone has any sign of illness; outside is safer than inside
go swimming	Stay away from tables, chairs and other equipment – bring your own or don't use; stay 6 feet away from other groups; outside is safer than inside
go to a restaurant	Stay with your small group; stay 6 feet away from other groups; make a reservation and ask what they are doing to protect your safety; observe what the establishment is doing to help protect you and leave if you don't feel comfortable; use single-use menus; leave if live music is being played or there is dancing; high risk individuals should postpone a couple more weeks
go to a bar	Alcohol and a lively bar scene can reduce inhibitions and safety precautions of patrons; stay with your small group; stay 6 feet away from other groups of people; ask what they are doing to protect your safety; observe what the establishment is doing to help protect you and leave if you don't feel comfortable; use single-use menus; leave if live music is being played or there is dancing; high risk individuals should postpone a couple more weeks at least
go listen to live music	Live music, including choirs and bands, should be avoided as they generate increased droplets in the air that travel further, and an increase in deep breaths taken in, both of which increase risk of infection
shop at retail stores	Stay 6 feet away from other people; observe what the store is doing to help protect you and leave if you don't feel comfortable; limit unnecessary touching of merchandise; wear a face covering; ask employees about their precautions; high risk individuals should postpone a couple more weeks
go to the movies	Groups of more than 10 people in one place increase your risk of infection; stay 6 feet away from all people outside your household; stay home when sick; wear face covering; do not share food or drink; do not self-serve food or drink; outside is better than inside; high risk individuals should postpone a couple more weeks
go to a casino	Groups of more than 10 people in one place increase your risk of infection; stay 6 feet away from all people outside your household; stay home when sick; wear face covering; minimize touching of surfaces; observe what the casino is doing to help protect you and leave if you don't feel comfortable; high risk individuals should postpone a couple more weeks
visit elderly relatives	Older people with chronic conditions are at very high risk; wear face covering; stay 6 feet away with no physical contact; stay home if not feeling well; long-term care facilities do not allow most visitors
go to a salon/get other personal care services	Make an appointment and ask what they are doing to protect your safety; stay in your car until they are ready for you; wear a face covering when possible; make sure employees are wearing masks

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	or face shields; wash your hands before the appointment and make sure employee washes theirs; observe what the establishment is doing and leave if you don't feel comfortable; high risk individuals should postpone a couple more weeks at least
go to church or other faith-based services	Stay with your household group; stay 6 feet away from other groups; avoid all physical contact; do not share group fellowship after services; do not share food or drink; live music, including choirs and bands, should be avoided as they generate increased droplets in the air that travel further, and an increase in deep breaths taken in, both of which increase risk of infection; high risk individuals should postpone a couple more weeks
go to the gym	Disinfect surfaces of all equipment before you use it; observe what the gym is doing to help protect you and leave if you don't feel comfortable; stay 6 feet away from other people; do not do a class with more than 10 people in a room; outside exercise is a safer alternative; high risk individuals should postpone a couple more weeks
go to greenhouses and nurseries	Outside is safer than inside; stay 6 feet away from other people; wear a face covering; ask employees about their precautions; observe what the greenhouse is doing to help protect you and leave if you don't feel comfortable; avoid touching merchandise unless purchasing; high risk individuals should postpone a couple more weeks
go to the doctor or get vaccines for my child	Ask what they are doing to protect your safety when you make your appointment; you should be required to be screened when you arrive; procedures like immunizations are not high risk; wait in your car until they're ready for you; wear face covering and make sure your provider also wears a mask; postpone non-essential services, especially high-risk individuals
go to the dentist	Ask what they are doing to protect your safety when you make your appointment; you should be required to be screened when you arrive; hold off on routine cleanings and only go for urgent issues; make sure all staff is wearing face masks and the person working on your teeth has a face shield; high-risk individuals should postpone non-emergency services

People can safely enjoy many of the benefits of Sauk County, especially our amazing outdoor spaces. Just do so in a way that is safe for you and others so we can get beyond this COVID nightmare we've been living for the past several months.

For more information on COVID-19 and Sauk County's response, please visit our website at <https://www.co.sauk.wi.us/publichealth/coronavirus>.