



## **Moving from Stay-at-Home to Safer at Home Due to the Presence of COVID-19 in the State**

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Colorado is moving from the Stay-at-Home level into the Safer at Home level. While at this level, Coloradans are strongly advised to continue staying at home to the greatest extent possible, only interacting with your household contacts and only leaving for essential activities. At-risk individuals, such as people 65 and older, should continue to stay at home unless absolutely necessary. This new level also includes some changes for commerce.

**INFORMATION:** [About Safer at Home](#); [At-Risk Individuals](#); [Businesses](#); [Child Care](#); [Education](#); [Enforcement](#); [Health Care](#); [Labor and Employment](#); [Masks and gloves](#); [Local Governments](#); [Pets](#); [Places of Worship](#); [Recreation](#); [Travel and transportation](#)

### **About Safer-at-Home**

#### **What is the Safer at Home Level?**

Coloradans are no longer ordered to stay home, but are strongly advised to stay at home. Critical businesses are open and limited non-critical businesses are operating with strict precautions in place.

#### **How is this different from the Stay-at-Home Order?**

Under the Safer at Home order there is more flexibility for businesses to open if they are following Social Distancing Requirements. There also is more flexibility for consumers -- except for seniors and other vulnerable populations to get goods and services they desire, and for employers to begin bringing employees back to the workplace as long as they follow social distancing guidelines and wear a cloth face covering.

#### **What does this mean for Coloradans?**

- *Coloradans should stay home as much as possible*, leaving only for a limited number of specific activities.
- When you go out, you must follow physical distancing requirements (6 feet of space between yourself and others) and wear a mask or face covering.
- Vulnerable people at high risk of severe illness from COVID-19 should follow Stay-at-Home recommendations, which means only leaving home for medical care and essential activities.
- People who have COVID-19 symptoms must isolate unless they have a negative test result. As the state works to build up testing capacity, self-isolating when you are ill is the best course of action. Please read [how to isolate](#), which includes symptoms.
- Only essential travel in- or out-of-state is permitted.
- Sick people must not go to work.

#### **Should I wear a mask?**

Colorado is asking everyone to wear a non-medical cloth face covering while out in public for necessary activities like grocery shopping, going to work or walking your dog. Please make or buy a cloth covering that will cover your mouth and nose and use it whenever you are outside your own house or yard. Scarves and bandanas will work as coverings. Wash your face covering regularly.

All workers should wear medical or non-medical face coverings that cover the mouth and nose while at work, except where doing so would inhibit health, and to wear gloves (if gloves are provided by an employer) when in contact with customers or goods.

### **What are “essential activities”?**

Activities, tasks, and errands you must do to keep yourself, your family, and your household members safe and healthy. Essential activities include:

- Getting essential medical care, medical supplies and equipment, and medicine.
- Getting food and supplies for yourself, your family, your pets, and your household members. That means the supplies you need to live a healthy life, keep a safe and healthy home, and get supplies you need to work or learn at home.
- Caring for a family member, vulnerable person, or animals that are in a different location than your home.
- Walking your dog or feeding animals.
- Outdoor activities such as walking, hiking, cross-country skiing, running, etc. Group sizes are limited to 10 and groups must follow Social Distancing Requirements. Travel for recreation is limited to 10 miles.
- Going to work.

### **What are the “Social Distancing” or “Physical Distancing” Requirements?**

- Keeping 6 feet of physical distance between all people at all times. The 6-foot rule does not apply to people who live in the same house as you -- in other words, your roommates, and family. But if you, your family, or your roommates get sick, you or they must [isolate](#).
- Washing hands as often as you can. Wash with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Covering coughs and sneezes. Use a tissue, then throw the tissue away. Use your sleeve or inner elbow if a tissue is not available.
- Regularly cleaning high-touch surfaces.
- Not shaking hands.
- Wear a mask or face covering.

### **Can Coloradans hold public or private gatherings under this level?**

While the Safer-at-Home level is in effect, gatherings in both public and private spaces of more than 10 people are prohibited. We advise continuing to only socialize with members of your household. Any gatherings of 10 or fewer people outside your household should adhere to all Social Distancing requirements and recommendations.

### **Why is this level necessary?**

The change from Stay-at-home to Safer at Home is about establishing a more sustainable way of living for Coloradans during this pandemic. While at the Safer at Home level, it is critical for Coloradans to continue staying home as much as possible. Higher-risk individuals and people 65 and older should continue staying at home and only leave for essential activities. This Safer at Home level will also allow for more economic activity, more personal well-being, and more geographic differentiation while ensuring public health and safety.

### **When does this level take effect? How long does it last?**

The Executive Order and Public Health Order go into effect on Monday, April 27, 2020 and represent a phased-in approach with various changes going into effect on April 27, May 1, and May 4. The revised Executive Order and Public Health Order expire May 26, 2020, but both can be extended, amended or changed. It is important to follow [covid19.colorado.gov](https://www.covid19.colorado.gov) to keep up with the most current state orders..

### **What are the levels?**

Colorado has been doing a great job following the Stay-at-Home order, and we must keep it up. The virus will continue to transmit with spikes and declines of cases until a vaccine is developed and widely available. The virus is still present in Colorado and can surge at any time. We may move between these different levels during the pandemic:

- **Level 1: Stay at Home.** Everyone is required to stay at home except for grocery shopping, medical care, exercise, and necessary activities. Only critical businesses are open.
- **Level 2: Safer at Home.** Everyone is still strongly advised to stay at home. Critical businesses are open and non-critical businesses are operating with restrictions.

- **Level 3: Protect Our Neighbors.** With more testing and monitoring, it will be safer for people to socialize more normally, while taking significant precautions. We will still need strong protections for higher risk individuals.

**What if cases spike back up after moving into this new level?**

The governor won't hesitate to take the necessary steps to protect the health and safety of Coloradans, including going back to the Stay-at-Home Level or promulgating more restrictions. It is everyone's personal responsibility to know and follow current orders. During Safer at Home, we must continue staying home as much as possible, and take the necessary steps like washing hands and wearing a mask when leaving the house.

**At-Risk Individuals**

**Who are vulnerable populations and who should still follow Stay-at-Home?**

Individuals who are 65 years and older; individuals with chronic lung disease or moderate to severe asthma; individuals who have serious heart conditions; individuals who are immunocompromised; pregnant women; and individuals determined to be high risk by a licensed healthcare provider are considered vulnerable under Executive Order D 2020 044. Vulnerable people at high risk of severe illness from COVID-19 should follow Stay-at-Home recommendations, which means only leaving home for medical care and essential activities.

**I am a vulnerable population that the Governor has mandated to continue to stay home, but my employer wants me to come back to work.**

Per Safer at Home Executive Order D 2020-044, no vulnerable individuals can be compelled by their employer to return to work if their work requires in person work near others. If the workplace is particularly unsafe -- e.g., if it had an outbreak -- unemployment benefits might be available, depending on the facts, and OSHA safety rules might limit requirements to return.

**Can my employer discriminate against me for being a vulnerable population?**

No, it's illegal to discriminate against anyone based on age, disability, pregnancy. Anyone believing they have been discriminated against or not accommodated should contact [Colorado Civil Rights Division](#) or the [Equal Employment Opportunity Commission](#).

**What if you live with a vulnerable person?**

If you live with someone who is a vulnerable population, you also should follow stay at home guidelines to the greatest extent possible so as not to bring exposure into your household.

**What if my home is not a safe environment?**

If it is not safe for you to remain home, you are able and urged to find another safe place to stay during this order. Please reach out so we can help. You may call the domestic violence hotline at 1-800-799-7233 or contact your local law enforcement.

**What about people at higher risk from severe illness from COVID-19?** Higher risk populations and people 65 and older should stay at home as much as possible. Higher-risk people should follow the terms of the previous Stay-at-Home Order.

**What about people who are experiencing homelessness?**

We encourage people experiencing homelessness to practice social distancing.

Additionally, DOLA is working with state and local partners who provide services to our unhoused Coloradans through a statewide homeless taskforce. (link provided below)

HUD has also developed an Infectious Disease Toolkit for Continuums of Care (CoC) to prepare for and manage the spread of infectious disease in shelters.

Finally, DOLA, CDPHE, and other partner agencies have created guidance for homeless care providers that is posted on the [DOLA website](#).

Some of the main focus points for the homeless are as follows:

- [Recommended Local Strategic Approaches for COVID-19 Response](#)
- [COVID-19 Homeless Task Force Form](#)
- [Local Emergency Manager Contact Information](#)
- [Non-Congregate Sheltering](#)

## **Businesses**

### **What is the timeline for these businesses to open under the Safer at Home level?**

#### Monday, April 27

Retail businesses can open for curbside delivery. Real estate home showings can resume.

#### Friday, May 1

Retail businesses can phase-in a public opening if they are implementing best practices.

Personal services can open if they are implementing best practices.

#### Monday, May 4

Offices can reopen at 50% reduced in-person staffing capacity, if best practices are being implemented to protect the health and safety of employees.

Note: Businesses are encouraged to allow employees to continue telecommuting at higher levels if possible. Child care facilities can also expand or reopen if they are following best practices.

### **What additional businesses will be able to open during the Safer at Home level?**

A complete list can be found [here](#).

#### Non-Critical Retail

Non-critical retail can operate and offer goods through delivery service, window service, walk-up service, drive-through service, drive-up service, curbside delivery.

Beginning on May 1, 2020, non-critical retail will be able to allow customers onsite if they are in accordance with mandatory Social Distancing Requirements, similar to the requirements for critical retail.

Non-critical retail means any retail service that is not included in the list of critical retail services. Examples of non-critical retail include retailers of clothing, home goods, thrift shops, apothecaries, vape shops, craft stores, fishing tackle retailers, sporting goods, boutiques, etc.

#### Field services and real estate

All field services, including real estate, may resume operations, in accordance with Social Distancing Requirements. Allowable activities include landscaping and lawn care, house cleaning, handyman services, electricians and plumbers, in-person real estate showings and marketing services, which must adhere to physical distancing requirements with cleaning and disinfection between each showing, beginning April 27. Open houses are prohibited.

#### Non-critical and non-commercial businesses

Non-critical and non-commercial businesses operating in an office and not a production environment, may allow up to 50% of their employees to conduct in-person work in accordance with the Safer at Home requirements. All employers are encouraged to continue implementing telecommuting and staggered work schedules as much as possible. Offices in compliance with Safer at Home requirements can reopen May 4.

### Limited personal services

Personal services are services and products that are not necessary to maintain an individual's health or safety, or the sanitation or essential operation of a business or residence. Personal services that are in compliance with Safer at Home requirements can resume May 1. Personal services that will be able to open during Safer at Home include personal training services for 4 or fewer people, pastoral services and dog grooming services.

This also applies to non-critical professionals regulated by the Division of Professions and Occupations, within the Department of Regulatory Agencies (DORA) including but not limited to services provided by personal beauty professionals such as hairstylists, barbers, cosmetologists, estheticians, nail technicians, as well as massage therapists, whose work requires these professionals to be less than six feet from the person for whom the services are being provided. Massage therapy services ordered by a health care professional should consult Executive Order D 2020 027. Services may only be performed with 10 or fewer people in a single location at a maximum of 50% occupancy for the location, whichever is less, including both employees and customers, with Social Distancing Requirements, such as 6 feet distancing between customers, in place Both employees and customers must wear at least a cloth face covering, or non-medical grade mask at all times.

### **What is still closed?**

- Restaurants, food courts, cafes, coffeehouses, and other similar places of public accommodation offering food or beverage for on-premises consumption. Delivery and drive-up service is available.
- Bars, taverns, brew pubs, breweries, microbreweries, distillery pubs, wineries, tasting rooms, special licensees, clubs, and other places of public accommodation offering alcoholic beverages for on-premises consumption.
- Cigar bars.
- Gymnasiums, yoga and fitness studios; bowling alleys.
- Playgrounds.
- Libraries.
- Movie and performance theaters, opera houses, concert halls, music halls and museums.
- Casinos.
- Horse tracks and simulcast facilities, also known as off-track betting facilities.

### **What guidance is being given to employers and employees for best practices in opening back up?**

All workplaces should:

- Maintain 6 feet between all people at all times as much as possible.
- Frequently clean all high-touch areas.
- Conduct [daily temperature checks and monitor symptoms](#) in employees, logging all results.
- Consider staggering or altering shifts to reduce the number of employees onsite at once.
- Provide appropriate protective gear like gloves, masks, and face coverings and encourage appropriate use.
- Ensure workers:
  - Take breaks to wash hands or use hand sanitizer.
  - Wear masks and gloves.
  - Stay home if they are sick.

Specific guidance for businesses can be found at [covid19.colorado.gov/safer-at-home](https://covid19.colorado.gov/safer-at-home).

### **What if a business isn't following the Safer at Home requirements after opening to the public?**

Businesses will only be allowed to open if they are in compliance with Safer at Home requirements, and it is in a business' best interest to ensure the safety of their customers. The state will work with local public health departments on enforcement for these requirements.

### **Has anything changed for critical businesses?**

Critical businesses that were open under the Stay-at-Home order will remain open during the Safer at Home level with the same strict precautions (physical distancing, masks for all employees, more frequent cleanings, etc.).

Critical businesses must continue to comply with distancing requirements at all times, adopt work from home or telework policies for any operations that can be done remotely, and implement other strategies, such as staggered schedules or redesigning workplaces, to create more distance between workers unless doing so would make it impossible to carry out critical functions. A list of critical businesses is available at [covid19.colorado.gov/critical-businesses](https://covid19.colorado.gov/critical-businesses)

### **What kind of construction is allowed?**

[Guidance on what construction activities are allowed](#)

### **Child Care**

#### **Can child care services remain open under this order?**

Yes. Licensed child care services are open under specific guidance from public health. Child care facilities are encouraged to remain open to provide services for whomever might need them. Any questions concerning licensed child care services should be sent to the Colorado Department of Human Services, Office of Early Childhood, Childcare Licensing and Administration at [cdhs\\_oec\\_communications@state.co.us](mailto:cdhs_oec_communications@state.co.us) or 1-800-799-5876 or 303-866-5948.

#### **Will child care be more widely available for families who need it?**

Under the Stay-at-Home order child care was deemed an essential business and childcare for essential workers was subsidized. Under Safer at Home child care facilities can expand or reopen if they are able to implement the public health and licensing guidelines put in place for operating during COVID.

#### **Can I pick up meals being provided by my child's school?**

Yes. Schools that provide free food services to students will continue on a pick-up and take-home basis.

### **Education**

#### **When will P-12 schools open?**

Under Executive Order D 2020 041, normal in-person instruction at all P-12 schools in Colorado will be suspended until the scheduled end of the 2019-2020 regular school year. The Governor is hopeful that students can return to in-person learning in the fall, but Colorado's public health experts will analyze the data and latest information to determine the best course of action.

#### **When will colleges and trade schools open?**

The Governor is directing the Colorado Department of Higher Education (CDHE) to work with CDPHE to identify programs and courses at postsecondary institutions that cannot be taught remotely and require limited in-person instruction. CDHE, with input from CDPHE, will develop a process by which institutions can propose specific courses and programs and attest to following Social Distancing Requirements and meeting other hygiene requirements.

#### **What about summer school?**

Executive Order D 2020 041 covers in-person instruction for the remainder of the 2019-2020 school year. The Governor and Colorado Department of Public Health and Environment will evaluate the latest data in the coming weeks and months to make a decision about summer school.

### **Enforcement**

#### **How will this order be enforced?**

Colorado law requires compliance with executive and public health orders; therefore not following these orders is breaking the law. We all must do our part to ensure success, and call upon all people in Colorado to voluntarily comply. Local law enforcement agencies can enforce public health orders. State law enforcement will assist and

support in any way requested, but voluntary compliance is critical. Law enforcement involvement is reserved for the most aggravated circumstances.

Gov. Polis has created an advisory board to support coordination across multiple jurisdictions on compliance and enforcement for Safer at Home with the goal of maximizing Social Distancing compliance. It will be specifically focused on how local governments and local public health can coordinate with the state on educating the public about these regulations, and maximizing compliance and enforcement efforts during the COVID-19 crisis.

**Are the Safer at Home executive order and corresponding public health orders mandatory or just guidance?**

They are mandatory.

**Will the Colorado National Guard be enforcing this order?**

No. The Colorado National Guard will be supporting logistics, transportation, and medical response efforts. The Guard will not be enforcing this order.

Residents who suspect that someone is violating the order should first contact their local public health agency to report any concerns. Residents may also file a report with the Attorney General's Office at [covid19@coag.gov](mailto:covid19@coag.gov) if local law enforcement or a local public health agency is unresponsive.

For more information about public health orders and how they are enforced [click here](#).

**Will I be fined or jailed if I don't wear a mask when I'm out in public?**

People are advised to wear a non-medical cloth face covering that covers the nose and mouth whenever in public, but it is not a requirement. You will not be fined or jailed. Again, we are calling on all Coloradans to voluntarily comply with the orders and recommendations.

**What can residents do if they suspect someone is violating a public health order?** Residents should contact their local [public health agency](#) to report any potential violations of an order.

## **Health Care**

**How can I get medical care if I need it?**

It is important to seek medical care if you need it. If you are feeling sick, call your doctor, [a nurse hotline, or a telehealth hotline](#). If you are experiencing COVID-19 symptoms or are currently in isolation, you should stay at home and follow the guidelines provided by your physician. When possible, health care visits should still be done remotely. Contact your healthcare provider to see what telehealth services they provide or visit [this directory](#) for more information.

If you are having a medical emergency of any kind, call 911.

Non-emergency or elective health and dental services can begin April 27.

**Can I get a prescription filled?**

Yes. Pharmacies and other medical services will remain open. Consider having prescriptions delivered to your home.

## **Labor and Employment**

**My hours and wages have been reduced, but I plan on returning to my previous job. What resources are available to me?**

- You might be eligible for unemployment benefits depending on the circumstances of your reduced wages or hours. The CARES Act provides additional benefits to those who have exhausted their regular unemployment benefits and to those who are gig workers, self-employed, or otherwise might not qualify

for unemployment benefits. It also provides an additional \$600/week for all eligible unemployment claimants.

- More information on the types of unemployment available can be found [here](#).
- To file a claim visit [www.coloradoui.gov](http://www.coloradoui.gov).

#### **What if my employer is requiring me to return to work, but I don't feel safe?**

- Per Safer at Home Executive Order D 2020 044, no vulnerable individuals can be compelled by their employer to return to work if their work requires in person work near others.
- Employers must accommodate vulnerable individuals with remote work options, if the work can be done remotely.
- If you refuse to return to work, are fired or quit due to unsatisfactory or hazardous working conditions, you may be eligible for unemployment to the degree of risk involved to your health.
- If an employer requires work from an employee entitled to paid leave (due to illness or a quarantine/isolation order) under the Colorado HELP Rules, that would be unlawful under those rules, and should be reported to the contact information at the bottom of these FAQs.
- Any other possible violations of social distancing, or other health and safety orders, should be reported to the federal Occupational Safety and Health Administration or County health officials.

<https://www.osha.gov/contactus/bystate/CO/areaoffice>

#### **Am I eligible for paid leave for possible COVID-19 or quarantine/isolation orders?**

- Federal law requires up to two weeks paid leave for those who work for employers with fewer than 500 employees (though some employers with 50 or fewer employees may be exempt). The Colorado Health Emergency Leave with Pay Rules ("Colorado HELP Rules") adds coverage for all workers in the following, regardless of employer size:
  - leisure and hospitality (arts, entertainment, recreation, hotels/motels, and other accommodations).
  - food services (restaurants, coffee shops, bars, caterers, cafeterias, etc.).
  - retail establishments (of all kinds).
  - real estate sales and leasing.
  - other office workers (both employers that operate entirely in offices and, at mainly non-office employers (e.g., factories), the subset of employees who are office workers).
  - elective medical, dental, and health services.
  - personal care services (defined as hair, beauty, spas, massage, tattoos, pet care, or substantially similar services).
  - food and beverage manufacturing.
  - child care.
  - education at all levels (including related services, including but not limited to cafeterias and transportation to, from, and on campuses).
  - home health care working with elderly, disabled, ill, or otherwise high-risk individuals.
  - nursing homes and community living facilities.

#### **What conditions qualify for paid leave?**

- Employees with flu-like or respiratory illness symptoms who are either (1) being tested for COVID-19 or (2) under instructions from a health care provider or authorized government official to quarantine or isolate due to a risk of having COVID-19. The requirement to provide paid sick leave ends if an employee receives a negative COVID-19 test result.
- Federal law provides additional paid leave for child care needs due to coronavirus-caused closures of schools or child care establishments.

#### **How much paid leave is required?**

- If the federal paid leave rules apply (for most employees at employers with fewer than 500 employees): Two weeks of pay (up to 80 hours) at the employee's regular pay rate.

- If the federal paid leave rules do not apply (for employers above 500 employees, and some below 50), but the Colorado HELP Rules do: Two weeks of pay (up to 80 hours) at two-thirds of the employee's regular pay rate.
- Federal law provides two weeks of pay at two-thirds of the employee's regular rate for child care needs due to coronavirus-caused closures of schools or child care establishments, or the need to care for an individual subject to quarantine. An additional 10 weeks of expanded family and medical leave at two-thirds of the employee's regular rate is available for child care needs due to coronavirus-caused closures of schools or child care establishments,

#### **Where can I learn more or ask questions about paid leave?**

- For the federal paid leave rules applicable to employers with fewer than 500 employees: read this [U.S. Department of Labor information page](#), then call 1-866-487-9243 or (720) 264-3250 with any remaining questions.
- For the Colorado HELP Rules applicable to employers of all size in the industries listed above: read this [Colorado Department of Labor and Employment page on the Colorado HELP Rules](#), then call (303) 318-8441 or email [cdle\\_labor\\_standards@state.co.us](mailto:cdle_labor_standards@state.co.us) with any remaining questions.
- For information on workplace discrimination and accommodation, contact the [Colorado Civil Rights Division](#) or the local office of the [U.S. Equal Employment Opportunity Commission](#).
- For workplace safety issues and violations, contact the local office of the [U.S. Occupational Safety and Health Administration](#).

#### **Local Governments**

##### **Can local governments implement more restrictive or more relaxed measures?**

Nothing in the Executive Order prohibits a county from enacting more protective standards, including but not limited to stay-at-home orders or additional protective measures.

Any county wishing to apply for a local variance from part or all of the Executive Order for less restrictive measures must submit a written application to CDPHE certifying that the county has low case counts and/or can document 14 consecutive days of decline in COVID-19 cases reported in the county. The application must include a written COVID-19 suppression plan approved by the appropriate local public health authority, and all hospitals within the county (unless no hospitals are located in the county) and a majority of the county commissioners, or (in the case of the City of Denver) the mayor of Denver, or (in the case of Broomfield) the City Council.

CDPHE shall review and approve a county-specific COVID-19 suppression plan that meets the department's public health standards. CDPHE shall not provide COVID-19 preparedness grant funding to any county that implements measures that are less restrictive than the standards contained in state orders without first obtaining approval from CDPHE.

##### **My city or county also has a stay-at-home order. Which one should I follow?**

The most restrictive terms of either the state or local orders apply. So if the city or county's order is more restrictive than the state order, follow the city or county order.

##### **What if my county has different rules than the state's Safer at Home order?**

Under the Safer at Home level, local governments will have a variety of options when it comes to slowing the spread of the virus and protecting their communities:

- Local governments can implement the guidelines of Safer at Home to match the state.
- Local governments can go farther than the state, including but not limited to stay-at-home orders or additional protective measures.
- Local governments can relax guidelines more than the state. To do so, local governments will need to demonstrate proof of 14 consecutive days of decline of infection of COVID-19 in the county .Local governments also must submit an application to CDPHE that includes a written COVID-19 suppression

plan approved by the appropriate local public health authority, all hospitals within the jurisdiction and elected leadership.

Colorado residents should follow the state's guidance unless their local government has received a variance from the state or is enforcing more restrictive orders than the state.

### **What if the city I live in has different rules in place than the county I live in?**

There is a process outlined in the executive order for a county to apply for a variance from the Safer at Home order, and both counties and municipalities can implement stronger restrictions on their own. The strongest restrictions should be followed.

## **Masks and gloves**

### **Should I wear a mask?**

Colorado is asking everyone to wear a non-medical cloth face covering while out in public for necessary activities like grocery shopping, going to work or walking your dog. Please make or buy a cloth covering that will cover your mouth and nose and use it whenever you are outside your own house or yard. Scarves and bandanas will work as coverings. Wash your face covering regularly.

All workers should wear medical or non-medical face coverings that cover the mouth and nose while at work, except where doing so would inhibit health, and to wear gloves (if gloves are provided by an employer) when in contact with customers or goods.

### **Safer at Home requires that non-critical health care service providers (e.g., chiropractors, acupuncturists, etc.) wear a medical grade mask. What is a medical-grade mask?**

A medical grade face mask is also called a surgical mask. These are disposable, fluid-resistant masks that provide the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids. They also protect others from the wearer's respiratory emissions. Surgical masks do not provide the wearer reliable protection from inhaling smaller airborne particles. N95 or other types of respirators should be considered if available and if the wearer seeks protection from small particle aerosols.

### **Safer at Home requires some workers to wear gloves. What kind of gloves are required and for whom?**

Non-critical health care services providers are required to wear disposable patient examination gloves such as nitrile, rubber, polychloroprene, or vinyl gloves. Personal service providers (e.g., hair stylists) are recommended to wear the same.

## **Pets**

### **What about my pet?**

Pet supply stores and veterinary services will remain open. You are allowed to walk your dog and seek medical care for your pet should they require it. Be sure to practice physical distancing while out on walks, maintaining at least 6 feet from other neighbors and their pets.

## **Places of Worship**

### **Will churches, synagogues, mosques and other places of worship reopen under the Safer at Home order if they follow physical distancing requirements?**

During the Safer at Home level, gatherings in both public and private spaces of more than 10 people are prohibited. Places of worship are encouraged to continue providing access to services online or drive-up worship (as long as vehicles are turned off and not idling). Additional guidance can be found [here](#).

## **Local and Personal Recreation**

### **Is it OK to go outside and exercise or play?**

It is physically and mentally healthy to be outdoors. Stay close to home and choose times and places where you can maintain 6 feet of physical distance between yourself and others.

- Recreate locally. Keep recreational activities within 10 miles of home to prevent disease spread.
- If you are in the Denver metro area, don't travel to our mountain communities.
- Reduce visits to the trails and open spaces in the foothills.
- Similarly, if you live outside the Denver metro area, avoid traveling to Denver for recreational activities.
- Individuals may participate in local and personal recreation in outside public spaces, as an authorized Necessary Activity, in groups no larger than 10 and practicing social distancing maintaining 6 feet between participants.
- Playgrounds, playground equipment, and gymnasiums remain closed. Gymnasiums include fitness, dance, exercise or group classes, exercise studios and centers, recreation centers, bowling alleys, pools, and other indoor athletic facilities.
- Personal training and classes in any setting limited to 4 or fewer individuals complying with Social Distancing Requirements and does not utilize any shared equipment are allowed.
- Wear a mask when participating in activities.

### **Is it OK to gather in groups to socialize outside?**

- It is best to socialize only with your household members, but physical activity promotes health and well-being. If you are engaging in outdoor activities with people outside your household, limit group size to 10 or fewer, and make sure there is at least 6 feet of physical distance between all people at all times. Specific counties may have different rules on allowable group sizes; please follow your county's rules and read and obey signs that may be posted in the parks and on trails.
- People should not gather in any outdoor space where they cannot maintain 6 feet of physical distance from one another. That includes pavilions, areas that offer shelter, or other outdoors areas that invite people to congregate in groups and do not allow for 6 feet of physical distance.

### **What about parks and playgrounds? Are they open?**

- State parks are open for walking, biking, etc., but all playgrounds, picnic areas, campgrounds, and other areas where groups might gather are closed. Restrooms in state parks are open. Please practice good handwashing and distancing if using state park restrooms.
- For city and county parks, check with your local government or parks department to find out whether parks are open and whether the park restroom facilities are open.
- Playgrounds are closed. If you find one that is open, we recommend you do not use it.

### **Are golf courses open?**

Golf courses can remain open as an allowable outdoor activity; however, physical distancing requirements must be strictly followed. Clubhouses, restaurants, snack bars and pro shops must not be open and tee times and golf fee transactions made only online. Only household members may share a golf cart or be a caddy for a golfer. Golfers are strongly encouraged to not touch any equipment that is not their own (e.g. tees and flags).

### **Will my gym be open? What if I attend fitness classes in a studio?**

Gyms will remain closed under Safer at Home, and that includes fitness studios such as yoga, pilates, barre, etc.

You can do indoor personal training/classes with a maximum of four people unless everyone lives in the same household. For example, a family of five can train together. Those from different households must be physically distant and can have no shared equipment.

Coloradans can play tennis and basketball only with less than four people, and only with those from your own household.

### **Are gun ranges open?**

Outdoor gun ranges may open, but indoor ranges must stay closed.

### **Travel and transportation**

#### **What is essential travel?**

Travel from your home to places you need to go to do necessary tasks, errands and activities, get food or necessary equipment and supplies, transport kids for a shared parenting arrangement or child care, or go to work when required to be in the workplace. Limit activities to your immediate community, no more than 10 miles from your home. If you aren't absolutely sure you need or are required by your work to do it, you probably don't need to do it.

#### **Will public transportation and ridesharing be available?**

Public transportation and ridesharing should be used for essential travel only. When possible, walk, bike, or drive yourself.

#### **Will roads be closed?**

No, the roads will not be closed. You should only travel if it is essential to your work or health.

#### **Can I drive out of state?**

During Safer at Home all Coloradans should stay at home as much as possible. The federal government regulates interstate travel.

#### **Can I take a flight out of state?**

Planes and any other form of travel should only be used for essential purposes.

#### **Can I travel to other places in Colorado, like to the mountains or resort areas?**

Do not take a "Colorado vacation" or go to your second home. Limit activities to your immediate community, no more than 10 miles from your home. Do not travel to mountain areas or the Western Slope. This is to prevent disease spread.