

Moving Forward during COVID-19: Deciding who, when, & how

Like many of our partner organizations and agencies, Extension is concerned about the social isolation and loneliness being caused by the ongoing spread of COVID-19. For individuals or families that are trying to decide when they may start to see friends and family or engage in public events again, there are many considerations.

"Quaranteam"? "Double bubble"? These terms are showing up more and more in the media as individuals and families make decisions about when they will start to see other people again. In other families, questions are bubbling up about when and how it will be safe to get much needed support, like childcare or respite care.

The decision to see others or engage in activities is very personal. To help individuals and families think through these choices, Extension's Life Span Program has developed a decision guide. The guide (<https://fyi.extension.wisc.edu/aging/article-topic/covid-19/>) walks users through the decision-making process, helping you to weigh out your own risks and benefits of interacting with others in your home or in public spaces. Those who prefer a more interactive tool can download a worksheet and/or flowchart that will take you through a series of questions and considerations.