



You're **SAFER AT HOME**

To further combat the spread of COVID-19, people are strongly encouraged to remain in their homes except for solitary and/or household outdoor activities for the promotion of physical and emotional well-being, and activities related to the provision of essential commodities and services.

YOU CAN:

- Go to grocery or retail stores - but limit your visits - with only one designated family member in the store at a time, and stay at least 6 feet away from others
- Go to the pharmacy or medical appointments (be sure to check in with the facility first)
- Go to a restaurant for take-out, drive-through or order delivery
- Take a walk, ride your bike, jog and be in nature for exercise - just keep at least 6 feet between you and others
- Walk your leashed pets and take them to the veterinarian if needed
- Help someone to get the necessary supplies using the guidelines above

YOU SHOULD NOT:

- Leave your house if you feel sick
- Make unnecessary trips
- Gather in groups of more than 10
- Play group sports or engage in outdoor activities in groups of any size
- Bring your children to the store with you unless absolutely necessary

ALWAYS REMEMBER TO:

- Wear a face covering in public settings per CDC recommendations
- Take care of yourself, be mindful of mental health
- Self-quarantine for 14 days if returning from an extended trip or spending the winter in warmer climates

