



# Stay Home, Save Lives



The do's and don'ts of staying at home during the COVID-19 pandemic

## DO

-  Stay home as much as possible, this includes kids
-  Order groceries or food for delivery or to-go when possible
-  Order items online to avoid stores and check to see if your medications can be ordered online
-  Call your doctor ahead of time if you need medical care. Follow their advice and precautions to prevent further spread
-  Stay connected with loved ones over the phone, social media, or video calls
-  Take walks outside if you are able to maintain 6 feet away from someone else
-  Help vulnerable neighbors get necessary supplies if needed
-  Stay calm and take time to practice self-care

## DON'T

-  Don't have guests over or host a party
-  Don't visit friends or family members unless it is an emergency
-  Don't attend mass gatherings or group activities
-  Don't visit hospitals or care facilities unless it is an emergency
-  Don't visit playgrounds or have play dates for kids
-  Don't take unnecessary trips to purchase non-essential supplies
-  Don't visit places of worship. Instead engage in services online or over the phone
-  Don't use public transportation or ride share services unless you have no other option