## 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