

When you stay at home and avoid contact with other people as much as possible you can prevent other people from becoming sick, and help make sure our hospitals have room and supplies for patients who need care.

STOP!



Stop meeting in groups

- House parties
- Outdoor parties
- Beach crowds
- Mingling with friends
- Public gatherings
- Playdates
- Playgrounds
- Non-essential travel
- Malls
- Church Services
- Sleepovers
- Group Hangouts
- Celebrations
- Bars, Restaurants, Gyms

**USE
CAUTION /
LIMIT**



If you have no symptoms and need to go out, stay at least 2 meters (about 6.5 feet) apart from other people - about the width of a car. Wash your hands after.

- Grocery shopping
- Picking up medications
- Walking in a public area
- Transportation to a job
- Take out food / food delivery

Drop off essential supplies for friends or relatives at the door (wash your hands before handling)

**SAFE
TO DO**



Stay at home. Do these things with your household members or alone.

- Play in your yard
- Yard work, gardening
- Meet with friends online
- Work from home
- Take classes online
- Cook
- Read, TV, movies, music

Keep space between you.
Wash your hands frequently.
Wipe down packages and surfaces.
Clean your space, wash your clothes.