What **CAN** I Do?

* Go to the grocery store or pharmacy.
* Visit a health care provider if sick or have a medical emergency.
* Enjoy the outdoors while practicing social distancing.
* Perform a job that is essential to the health and safety of the community.
* Perform your job through phone calls, video calls, or other channels not in person.
* Take care of elderly relatives, young children, those with medical needs or pets.

What can I **NOT** do?

* Gather in groups, especially with more than 10 people.
* Dine in a restaurant or drink at a bar.
* Go to a hair/nail salon, clothing store, gym, fitness studio or get a massage.
* Go to a movie, concert, or sporting event.
* Visit friends and family who do not live with you, especially those who are at high risk of getting seriously ill form COVID-19.

What should I **ALWAYS** do?

* Keep about 6 feet physical distance between yourself and others.
* Wash your hands, for at least 20 seconds and often.
* Clean and disinfect frequently touched objects and surfaces.
* Stay home and away from others when you are sick.
* Cough or sneeze into your elbow or always cover with a tissue and immediately throw tissue away.
* Stay calm and follow trustworthy local officials for updates and guidance.