

What should I do if I am not sick?

STAY
Safe.

Stop the spread of germs:



Wash
your
hands.



Keep
your
distance.



Stay at
home.

- ✓ Stay at home as much as possible, to protect yourself and others.
- ✓ Only go out for essential needs and for outdoor exercise away from others.
- ✓ Plan ahead to minimize trips for groceries and other essential needs.
- ✓ Always keep a safe distance from those outside your household (6 feet or more), and don't invite visitors into your home.
- ✓ Wear a facemask (non-medical grade) if you must go out in public.
- ✓ Maintain healthy habits – exercise, eat healthy foods, and don't smoke.

Seek help if you need it. Call 211 if you need assistance, or if you are in a medical emergency call 911.