



IS IT SAFE TO GO OUTSIDE?

Checklist for safely leaving the house for essential trips:

- Limit to trips that sustain physical and mental health**
(grocery store, pharmacy, walk/jog around the neighborhood, necessary doctor visits, etc).
- Go somewhere that allows you to remain at least 6 feet away from others.**
- Wear a cloth mask in public places where keeping 6 feet away may be difficult (CDC recommendation).**
If you choose to wear a mask, make sure to completely cover both your nose and mouth.
- Wash your hands promptly for 20 seconds before and after your trip.**
- Avoid touching your face.**
- See someone? Smile, wave, or say "hi"... while keeping a safe distance.**

Please stay home if you or someone in your household is experiencing symptoms of fever, cough, or shortness of breath.

**Stay healthy.
Stay connected.**