Staying home now will help us to reduce the risk of infection in our community. Outings other than these essential trips listed below are not advised.

**ASK YOURSELF:**

*Is this trip essential?*

- Buy groceries 1x per week
- Visit your doctor
- Go to the pharmacy
- Go to an essential job
- Outdoor exercise at east 6 ft apart
- Act as a caregiver for loved ones

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