

Precautions for Going Out

It's important to stay at home as much as possible, but there may be times when you need to leave, like to get food or medication. Check out a few precautions to take before you head out the door.



Limit trips

Try to keep your outings to a minimum.



Be aware of possible closings

Many businesses may be closed or have reduced hours.



Know your risk

Older adults, pregnant people and those with underlying conditions should take more precautions.



Practice public etiquette

Stay home if you're sick. If you're well, wear a mask in public and practice social distancing.



Embrace social distancing

Stay 6 feet apart and avoid large crowds.



Carry supplies

Take a mask, hand sanitizer, wipes, and tissues.



Watch your hands

Don't touch your face, and avoid high-touch surfaces.