

Actions to Take Starting Today

Stop/Cancel/Avoid



- Regular classes at schools & universities
- Gatherings in public spaces
- Attendance at non-essential events
- Public gatherings of all sizes
- Sleepovers & parties at homes
- Visiting others in their homes
- Leaving home when ill (except for medical care)
- Using public facilities like parks, playgrounds, fitness facilities/gyms

Limit/Consider Importance



- Trips to the grocery stores and other public places. Limit the number of trips & go at lower traffic times.
- We encourage you to find ways to support local business during this difficult time, perhaps by buying gift certificates now that can be used later and utilizing drive up or drop off services when available.

Keep on or start doing these things!



- Take care of yourself
- Exercise
- Take walks/runs outside (keeping a distance of at least six feet from others)
- Connect with others through phone, video & social media
- Eat nutritious meals
- Get plenty of sleep
- Stay informed through reputable sources (we recommend [CDC](#), [MDH](#) and [WHO](#))