

# Stay at home

Help stop the spread of COVID-19



Public gatherings

Play dates or sleepovers

Hosting visitors

Eating in restaurants

In-person happy hours

Hoarding food and household items

Stigmatizing groups of people

Travel to non-essential jobs



Grocery shopping

Shopping for essentials

Going to medical appointments

Picking up medications

Delivering supplies to loved ones

Traveling to essential jobs

Carryout food

Riding public transportation



Seek emergency care

Call friends and family

Work from home

Walk the dog

Exercise outside

Bike, walk or run

Eat healthy

Get enough sleep

Host video chats

Use online learning tools

