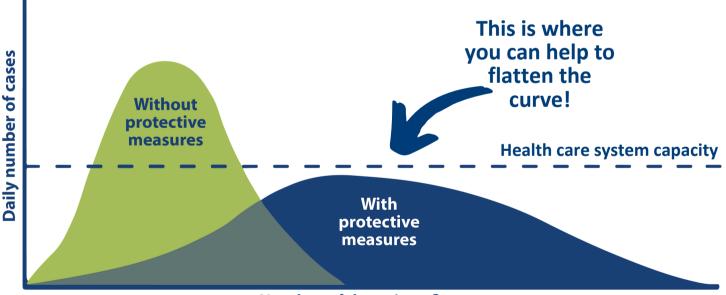# COVID-19 Facts:
Staying Safer at Home

Why Staying at Home is so Important

Protective measures like staying at home, physical distancing, and wearing a face mask or cloth face covering are our best tools to "flatten the curve." During an outbreak like COVID-19, a large number of ill people at once can quickly overwhelm local hospitals and clinics.

What You Can Do to Best Protect Yourself and Your Family

You are safest when you stay at home.

- When you are out in public, wear a face mask or cloth face covering and practice physical distancing. This means staying at least six feet apart from other people.
- Try to limit your trips to the essentials, like going to buy groceries or picking up medications.
- Getting fresh air and enjoying outdoor activities is still a great idea! Just stay away from team or contact sports -- take a walk or ride a bike instead!

This is where you can help to flatten the curve!

Health care system capacity

Without protective measures

With protective measures

Daily number of cases

Number of days since first case