

COVID-19 Facts: Staying Safer at Home



Why Staying at Home is so Important

Protective measures like staying at home and physical distancing are our best tools to "flatten the curve," in other words, decrease the daily number of cases of a contagious disease. Physical distancing is effective in slowing the rate of infection. 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 not at home, please practice physical distancing. This means staying at least six feet apart from other people.
- Try and limit your trips outside the home 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!

