SOCIAL DISTANCING: OUTSIDE OF YOUR HOME

**YES**

- Outdoor activities and exercise, keeping a distance of 6 ft between you and people who do not live with you
- Essential trips, like grocery shopping: try to go once a week instead of daily
- To work or to the doctor
- Ordering food to-go or for delivery from a local restaurant

**NO**

- Group gatherings of people who do not live with you
- Parties, barbeques, play dates, group sports, etc. with people who do not live with you
- Close contact with anyone who does not live with you in your home

Ordering food to-go or for delivery from a local restaurant.