



Shelter at Home

Dos and Don'ts to keep our community healthy and safe.

Do

- ✓ Order groceries or food for delivery or to go whenever possible.
- ✓ Order things online to avoid stores, including medications if possible.
- ✓ When possible, help vulnerable neighbors get necessary supplies such as food. Call or text them ahead of time and leave the supplies by their front door when possible.
- ✓ Call your doctor ahead of time if you need to seek medical care. Follow their advice and precautions to prevent further spread.
- ✓ Stay connected with family and friends over telephone, social media, or video calls.
- ✓ You can continue to walk outside while performing social distancing.
- ✓ Continue with mental health appointments while practicing social distancing and hygiene.
- ✓ Stay calm. Take some time to practice self-care and healthy eating.

Don't

- ✗ Don't use public transportation or ride sharing unless you have no other option. Use social distancing in these situations, cover your mouth and nose if you cough or sneeze, use hand sanitizer, and wash your hands before and after rides, etc
- ✗ Don't have guests over or host parties.
- ✗ Don't engage in group activities.
- ✗ Don't take unnecessary trips. This includes trips to bars, salons, spas, or trips to purchase non-essential supplies.
- ✗ Don't visit family or others unless it is an urgent need.
- ✗ Don't visit hospitals or assisted living facilities unless it is an emergency. If you do need to visit a facility call them before your visit.
- ✗ Avoid churches, synagogues, and places of worship. Instead engage in services online or over the phone.

Follow our pages or call 211 for the latest information and guidelines.

Facebook: www.facebook.com/LincolnPublicHealth

Website: www.co.lincoln.or.us/hhs/page/2019-novel-coronavirus