

To flatten the curve of the spread of COVID-19, Governor Gavin Newsom has ordered California residents to stay at home indefinitely beginning March 19, 2020. Here's a guide to what you can or cannot do during this order.

CAN DO (✓)

- ✓ Go to work if your industry has been deemed part of an Essential Critical Infrastructure, as spelled out on [covid19.ca.gov](https://www.covid19.ca.gov).
- ✓ Grocery shop
- ✓ Pick up food and get deliveries from restaurants
- ✓ Pick up prescriptions
- ✓ Go to the bank, laundromat and gas station.
- ✓ Travel to care for family members/friends who are homebound
- ✓ Exercise outside, walk dogs

* When engaging in any of these activities, remember to maintain a 6-foot distance from those around you (who you don't live with) at all times to protect them and yourself.

CAN'T DO (X)

- × Gather with anyone who don't live with you, including playdates
- × Dine in and gather at any food/drink establishment
- × Pick up food and eat outside of the establishment, especially in groups
- × Group exercises or activities unless with live-in people
- × Go to nail and hair salons
- × Go to the gym or fitness center
- × Any non-essential medical procedures

If you are feeling sick with flu-like symptoms, please first call your doctor, a nurse hotline, or an urgent care center.

If you need to go to the hospital, call ahead so they can prepare for your arrival. If you need to call 911, tell the 911 operator the exact symptoms you are experiencing so the paramedics can prepare to treat you safely.

For more information on the order, visit [covid19.ca.gov](https://www.covid19.ca.gov).

STAY SAFE AND BE WELL