



## Just Stay Home

**At this critical time, it is essential that everyone JUST STAY HOME.**

Stay-at-home directives are issued to protect you, your family, and the public at large. Do your part by staying home. Now is not the time for a play date for kids, not the time for a dinner for adults, and not the time for a personal visit to the elderly. Spring break plans should be cancelled, birthday parties should be postponed, extended family dinners should be suspended. If the NBA can cancel their basketball games, you can cancel your in-person social calendar. **Please, stay home.**



## Postpone Personal Services

Staying at home means no visits to a massage therapist, no nail appointments, no visits to the barber or salon, and no tanning beds. Not for forever. Just for right now. It means focusing on your home and your health. Limiting contact with other people is called social distancing and it helps prevent the spread of viruses like COVID-19. **You can literally save lives by staying home.**

## Things to Remember:

- **Stores will remain open.** Our food supply is intact. Truck drivers are transporting food and grocery clerks are stocking shelves. There is no reason to buy several months of food.
- **The water supply is stable.** Water from the tap is safe and necessary. Stay hydrated. There is no reason to stockpile bottled water.
- **Exercise is encouraged.** You can still get out and walk the dogs — it's good exercise and it's good for everyone's mental health. Physical exercises like leg squats or pushups help. YouTube exercise videos can help you stay fit and reduce stress and anxiety (please, no group exercise like basketball, pickleball, or trampoline centers). Mental exercises like puzzles, Sudoku, or crosswords can keep your mind sharp.
- **This stay-at-home directive will expire.** The more we do our part now, the sooner we can get back to normal. Do your part: Stay at home.

**Reminder:** Include activities you can do for recreation like card games, movies, etc. while staying home. Recreation is an essential part of self-care and helps you **stay resilient**.

## Not Sure About an Activity? Skip It.

- **Encourage kids to use their imagination.** Build a fort with sheets, have a paper airplane contest, or introduce them to your favorite music through a dance party.
- **Encourage adults to use technology to stay connected.** Call elderly people to stay in touch with them, use video chats to connect with friends, or write a physical letter to give someone an added surprise in their mailbox.
- **Encourage the elderly to protect themselves.** Virtual visits and phone calls are best. Stay connected to neighbors by waving through a window. Call up friends from the past to connect with people you haven't spoken with for a while. Forgive grudges; let bygones be bygones.

**Limit travel to essential needs: going to the doctor, grabbing groceries, or getting medication.**