

# You're safer at home.



To further combat the spread of COVID-19, people are advised to stay inside their residences and limit movement outside of their homes beyond what is absolutely necessary to take care of essential needs.

## YOU CAN:

- Go to the grocery and retail stores - but limit your visits - with only one family member in the store at a time, and stay six feet or more away from others
- Go to the pharmacy to pick up medications and other healthcare necessities
- Go to medical appointments (check with your doctor or provider first)
- Follow the recommended CDC hygiene practices in workplaces that remain open
- Go to a restaurant for take-out, delivery or drive-through
- Take a walk, ride your bike, jog and be in nature for exercise - just keep at least six feet between you and others
- Walk your leashed pets and take them to the veterinarian if necessary
- Help someone to get necessary supplies
- Check in with neighbors and friends with voice or video calls, emails and social media

## YOU SHOULD NOT:

- Leave your house if you feel sick
- Make unnecessary trips
- Visit friends and family if there is no urgent need
- Gather in groups of more than 10
- Play group sports or engage in outdoor activities in groups of any size
- Bring your children to the store with you unless absolutely necessary

## ALWAYS REMEMBER TO:

- Wear a face covering in public settings per CDC recommendations
- Take care of yourself, be mindful of mental health
- Use good respiratory hygiene and handwashing
- Continue to practice social distancing - a physical separation of at least 6 feet.
- Stay Informed - These resources can help:
  - SD COVID-19 Info Line: 1-800-997-2880
  - [www.covid.sd.gov](http://www.covid.sd.gov)
  - [www.cityofyankton.org/covid-19](http://www.cityofyankton.org/covid-19)
  - 211 Helpline