

STAY-AT-HOME ORDER

Do's & Dont's to Help Stop the Spread of COVID-19 (Coronavirus)

YOU CAN

- Go to the grocery, convenience or warehouse store
- Go to the pharmacy to pick up medications and other health care necessities
- Visit a health care professional for medical services that cannot be provided virtually (call first)
- Go to a restaurant for take-out, delivery or drive-thru
- Care for/support a friend or family member
- Take a walk, ride your bike, hike, jog, and be in nature for exercise – just keep at least 6 feet between you and others
- Walk your pets and take them to veterinarian
- Help someone to get necessary supplies
- Receive deliveries from any business which delivers

YOU SHOULD NOT

- Go to work unless you are providing essential services as defined by this Order (see Order at DurhamNC.gov/Covid19)
- Visit friends and family if there is no urgent need
- Maintain less than 6 feet of distance from others when you go out
- Visit loved ones in the hospital, nursing home, skilled nursing facility or other residential care facility, except for limited exceptions as provided on the facility websites
- Travel except for essential travel and activities

ACTIVITIES CONSIDERED ESSENTIAL

- For health and safety
- To get necessary supplies and services
- Outdoor activities (walking, hiking, golfing, running, cycling, using greenways/trails, walking pets)
- Work for essential businesses/operations (see Order at DurhamNC.gov/Covid19)
- To take care of others

ORDER TIME FRAME

In effect from March 26, 2020 at 6 p.m. until April 30, 2020