In This Together

Sheltering in Place & How It Affects You

## In order to prevent the spread of COVID-19 (commonly known as coronavirus), officials may have placed your area under a “shelter-in-place” order. To help you understand what that means, we have put together the following overview, including tips on how to stay safe.

# What Does “Shelter in Place” Mean?

Residents who shelter in place must stay home as

much as possible in order to prevent the spread of the virus, only going outside for essential reasons. Essential reasons can include going grocery shopping, visiting the doctor and picking up prescriptions.

# Can I go into work?

Unless you work in an “essential” business, such

as a bank, grocery store, pharmacy or health care facility, you should not go into work. Please reach out to your manager for details on your

workplace policy concerning working from home.

# Is there a penalty for violating shelter in place?

Please check your local government website

for details on any fines or penalties related to violating your area’s shelter-in-place order.

# Can I go outside?

You may go outside for essential activities and

services only, such as to go grocery shopping, pick up food and medicine, or visit the doctor. To fight cabin fever, consider taking a short walk or run (if possible) if you are otherwise healthy. However, be sure to stay at least six feet away from others at all times.

# Can I travel?

Unless you need to travel for an essential reason

(see above), you should avoid using any form of transportation. If you must travel, be sure to wash your hands thoroughly for at least 20 seconds

or use hand sanitizer with at least 60% alcohol immediately before and after your travels.

# Where to Go with Questions

For specific questions regarding your area’s

shelter-in-place policy, please refer to your local government website and/or helpline. In addition, as the status of the coronavirus pandemic continues to change, we recommend checking the CDC ([**www.cdc.gov**](http://www.cdc.gov/)) regularly for updates.





## **We understand that the shelter-in-place policy is disruptive. Know that by complying with these measures, you are lowering the risk for both yourself and others.**