

Navigating COVID-19: Do's and Don'ts

Do 



DO stay home and away from crowds.
This will help to keep us all safe.

If you can't stay home, **DO** protect yourself and others by staying 6 feet away.
Need to know how far that is? Measure it.



DO wear a mask when you go out.
Need a mask? They can be made from things you may already have around your home.

DO wash your hands with soap thoroughly and frequently.



DO pay attention to your mental health.
Don't pressure yourself with too many projects, don't stress over homeschooling your kids and make time to decompress with exercise or meditation.

Don't 



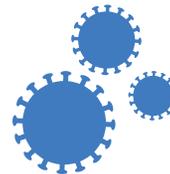
DON'T take any unnecessary trips out of your home or gather in groups.
This includes getting unnecessary errands done, attending church or another gathering.

DON'T watch too much news coverage on the virus. Try to remain positive and focus on yours and your family's well-being.



DON'T hesitate to order groceries or take-out for delivery or curbside pickup.
There is no evidence the virus can be passed through food.

DON'T isolate yourself from loved ones.
Use FaceTime, video conference tools, or an old-fashioned phone call to keep connected and supported.



DON'T take this virus lightly, especially if you have underlying health conditions that may make you more susceptible.
Now more than ever, staying healthy is of the utmost importance. Let's do it together.

For more information about COVID-19 visit, [rwjbh.org/covid19](https://www.rwjbh.org/covid19)

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HEALTH

Let's be healthy together.