



# IMPORTANCE OF STAYING HOME DURING COVID-19

## Why Stay at home

Helps protect yourself as well as those around you

- Protect your elders, loved ones, friends, neighbors, essential workers



Coronavirus is easily transmitted

- You can prevent the spread and save a life

This doesn't mean you cannot leave for essential needs

- Know that grocery stores, hospitals and pharmacies are open
- Make sure you practice social and physical distancing, limit your time outside, and practice good hygiene (wear your mask and wash your hands)

## THINGS TO DO AT HOME

- Arts and Crafts
- Create music together
- Learn a new recipe
- Create your own "How to" videos
- Join challenges (Mask up- RMTLC)
- Journaling/ blogging
- Watch a movie/ documentary
- Exercise or dance
- GET CREATIVE