

# Q&A: Shelter in Place

## **What does it mean to “shelter in place?”**

The term “shelter in place” means to stay in your home and not leave unless necessary.

## **Should I stock up on food, necessities like toilet paper, and on medicines?**

No. You will continue to be able to purchase these items. Stores selling necessary items like grocery stores, pharmacies, and hardware stores will remain open. Please continue to buy normal quantities of these items on the same schedule you normally follow.

## **Can I leave home to care for my elderly parents or friends who require assistance to care for themselves? Or a friend or family member who has disabilities?**

Yes. Be extremely cautious when providing care to vulnerable people and ensure that you protect them and yourself by following social distancing guidelines such as washing hands before and after, using hand sanitizer, maintaining at least 6 feet of distance when possible, and coughing or sneezing into a tissue.

## **Can I leave home to visit friends or family members if there is no urgent need or I am not performing an essential activity?**

No. For your safety as well as their safety, we need to help each other fight the spread of COVID-19 by staying at home.

## **Can I go to a restaurant, café, coffee or tea shop, ice cream shop, or other foodservice location?**

Yes, but only to pick up food. You cannot dine, eat, or drink in or around the facility.

## **What if I need to get healthcare from my medical provider?**

You can still get your health needs addressed. Contact your health care provider to see if they are providing regular services. If you are feeling sick, please first call your doctor, a nurse hotline, or an urgent care center before visiting. Do not go to the emergency room of a hospital unless you are having an actual emergency.

## **Can I get my prescriptions or other health care needs? Can I leave home to go to the pharmacy to get my prescription filled?**

Yes. Drug stores and other medical supply stores are allowed to remain open.

## **Am I allowed to go to a park or on a hike?**

Yes. Be sure that you distance yourself at least six feet from others who are not part of your household.

## **Can I walk my dog/pet?**

Yes. Be sure that you distance yourself at least six feet from others who are not part of your household.

## **Can I still get my mail and deliveries?**

Yes. You will still be able to get mail and other deliveries at your home.

## **Can I still order the things I need online and have them delivered to my residence?**

Yes. Businesses that deliver goods or services directly to residences are “essential businesses” that may continue to operate.

## **Can I go out to do laundry or have my laundry done?**

Yes. Maintain social distancing.