

# SAFER AT HOME

## YOU CAN

- Go to the grocery store or pick up food
- Go seek healthcare, medication or supplies
- Go to the bank or post office
- Call a plumber, electrician or exterminator
- Go to the gas station or auto repair shop
- Ride public transit, walk, bike, and drive
- Go to the park or do outdoor activities with social distancing
- Going to and from work if your workplace is open

## YOU CAN'T

- Host public gatherings
- Hoard supplies or over-buy
- Go to a bar or night club, except to take food to go
- Go to gym
- Go to the entertainment venues such as a theatre, bowling alley, or music venue.
- Dine in at a restaurant
- Congregate at a playground
- Go to a nonessential retail store or mall
- Put seniors or those with underlying health conditions at risk.

**Stay at home when not doing essential activities.**

