

Although the weather is nice we still need you to stay home and limit travel to essential trips

Do...

- If you're able to maintain social distancing, enjoy outdoor areas of your residence.
- Enjoy solo physical activities or those with members of your immediate household such as walking, biking and running.
- Have a virtual picnic with friends.
- Get things done at home such as gardening or washing your car.
- Open doors and windows to get fresh air while remaining inside.

Don't...

- Participate in group sports.
- Visit crowded parks.
- Attend social gatherings.
- Travel.
- Go out if you're sick.



For more information visit healthoregon.org/coronavirus or call 211