

How to have a safe outing

By taking safety precautions when you leave home, you can protect yourself and others from COVID-19.



Wear a mask

- Wear a face mask that covers your mouth and nose.
- Because people can spread the virus without feeling sick, face masks protect others in case you have COVID-19.



Practice hand hygiene

- Wash or sanitize your hands frequently, especially before leaving and when you return.
- Avoid touching your eyes, nose and mouth.



Practice social distancing

- Maintain a distance of at least six feet from others.
- Avoid physical contact such as hugging or shaking hands.
- Avoid crowds or large group gatherings.



Plan ahead

- Only visit places that have safety precautions in place.
- Do not spend time with people who may have been exposed to COVID-19.



Self-monitor for symptoms

- For 14 days after your outing, self-monitor for symptoms of COVID-19.
- Tell someone if you develop any symptoms.
- In care settings, our staff will monitor your health and limit your opportunities to interact with other residents for 14 days.

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