

How to protect the household when you must leave the house



Don't leave the household unless **absolutely necessary!**

For example, only leave if you must go to work, the grocery store, pharmacy, or medical appointments that cannot be delayed (such as for infants or for people with serious health conditions). Choose one or two family members who are not at higher risk for severe illness from COVID-19 to do the needed errands. **If you must leave the household, follow these nine tips:**

- 1. Avoid crowds, including social gatherings of any size.**
- 2. Keep at least 6 feet away from other people.**
- 3. Wash your hands often.**
- 4. Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.**
- 5. Don't use public transportation, such as the train or bus, if possible. If you must use public transportation,**
 - » Maintain 6 feet of distance from other passengers as much as possible.
 - » Avoid touching frequently touched surfaces such as handrails.
 - » Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.
- 6. Don't ride in a car with members of different households.**
- 7. Wear a mask to help slow the spread of COVID-19.**
 - » Information about the use of masks is available at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.
- 8. Wash your hands immediately when you return home.**
- 9. Maintain a physical distance between you and those at higher risk in your household.**

For example, avoid hugging, kissing, or sharing food or drinks.



You can find more information about running essential errands at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html.

