Stay home. Stay healthy.

What does stay home stay healthy mean?

You must stay home except for supplies and services like:

- Food and household supplies.
- Medicine or medical care.
- Travel to work for essential jobs.

What can I still do?

Go outside and exercise. Practice social distance.

- Keep 6 feet between you and people who don’t live with you.
- Avoid people you don’t live with.
- Order delivery or takeout.

What are essential jobs?

Stay home stay healthy applies to all people except those performing essential jobs like:

- First responders.
- Healthcare workers.
- Public works.

You will know if your job is essential.

Why should I stay home?

Staying home is the best way to protect yourself, your family and your community. It helps:

- Keep healthcare facilities open to those who need them.
- Protect people with higher risk of severe illness.
- Reschedule non-emergency appointments.

Learn more and stay updated at tpchd.org/coronavirus.