WHERE CAN I GO DURING A STAY AT HOME ORDER??

- To pick up food?
  - YES
  - NO

- To hit the gym?
  - YES
  - NO

- To go to work, if it can’t be done from home?
  - YES
  - NO

- To take my dog for a walk in the park?
  - YES
  - NO

- He also needs dog food – can I pick that up?
  - YES
  - NO

- Can I take public transportation to get there?
  - YES
  - NO

- To receive medical care?
  - YES

- Can I also pick up medication from the pharmacy?
  - YES
  - NO

- To see a new movie in the theater?
  - YES
  - NO

- To get my hair cut?
  - NO

WHAT ABOUT A SHELTER IN PLACE ORDER??

- only if absolutely necessary
  - YES
  - NO

- but you could go for a run in your neighborhood
  - YES
  - NO

- but you can always work out at home
  - YES
  - NO

- you and Fido will have to stick to your neighborhood because most parks and trails are closed
  - YES
  - NO

- and you can take him to the vet, but only if absolutely necessary
  - YES
  - NO

REMEMBER:
what’s deemed “essential” varies from place to place, so be sure to check your local public health or health department list.

IF YOU’RE IN DOUBT, STAY HOME.