

A Friendly Reminder from Mayor Guerin:

# DO'S and DON'TS

D U R I N G   S T A Y   A T   H O M E

## DON'T

- ✘ Have a garage sale
- ✘ Have people over from outside your household
- ✘ Go to kiddie parks
- ✘ Host Backyard BBQs with people from outside your household

## DO

- ✔ Get exercise by taking walks, biking or going hiking.
- ✔ Communicate with family and friends through zoom or facetime.
- ✔ Wear a mask or cloth over your face when you are not home.
- ✔ Limit grocery store outings and practice social distancing.
- ✔ Practice good hygiene, wash your hands frequently.
- ✔ Stay informed and keep a positive attitude!



#RIVERGROVESTRONG