



COVID-19 Guidelines: Staying at Home for Apartments or Close Quarters

**Staying at home has been proven to be the BEST way
to protect your family, friends and community.**

What You Need to Know



Your 'home' is your apartment, room or lodging. NOT the complex or building.



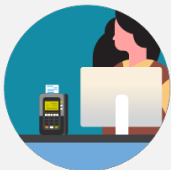
Limit the number of people in hallways, elevators, lobbies, laundry/mail facilities, etc.



If you go outside or to a common area, always maintain 6 feet of distance from others.



Going outside for exercise, grocery shopping, or medical care is okay. Maintain 6 feet distance.



Being apart doesn't mean being alone. Call, text, or video conference instead.



General Info on COVID-19
2-1-1 OR (916) 498-1000
info@211sacramento.org

What NOT to Do



Do not wander the complex or go outside unless necessary.



Do not host parties or get together. Avoid gatherings like church, family visits, weddings, and BBQs.



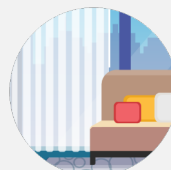
Do not stand or wait behind someone in a communal space; wait until they leave or come back later.



Avoid hugs, handshakes or close contact.



Do not have conversations with people in hallways, rooms, or doorways. Call or text instead.



Don't spread germs! Stay home and protect your family and friends.

Icons from <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>