

# STAY

HOME • HEALTHY • CONNECTED

Limit trips outside of your home to only getting food, receiving medical care, employment and exercise. Maintain a physical distance of 6' from other persons at all times.

## Arizonans are also encouraged to improve social connectedness by:

- Maintaining ongoing communication with current social supports and structures such as family, friends, neighbors and other social groups;
- Educating fellow Arizonans on the negative health impacts of social isolation;
- Developing habits and activities that increase resilience, such as physical activity, virtual social gatherings, assisting neighbors, implementing or participating in connection campaigns for at risk populations, and participating in volunteer activities.

## You can leave your home:

- To conduct or participate in essential activities,
- For employment, to volunteer or participate in essential functions;
- To utilize any services or products provided by essential businesses;
- For employment if as a sole proprietor or family owned business, work is conducted in separate office space from your home and the business is not open to serve the public.

## What are essential activities?

- Obtaining necessary supplies and services for family, household members and pets, such as groceries, food and supplies for household consumption and use, supplies and equipment needed to work from home, assignments for completion of distance learning and products necessary to maintain safety, sanitation and essential maintenance of the home and residence.
- Engaging in activities essential for health and safety, including things such as seeking medical, behavioral health or emergency services and obtaining medical supplies or medication.
- Caring for a family member, friend, or pet in another household or residence, which includes but is not limited to transportation for essential health and safety activities and to obtain necessary supplies and services for the other household.
- Engaging in outdoor exercise activities, such as walking, hiking, running, biking or golfing, but only if appropriate physical distancing practices are used.
- Attending or conducting work or volunteering in essential functions which includes but is not limited to transporting children to child care services for attending work in an essential service.
- Engaging in constitutionally protected activities such as speech and religion, and any legal or court process provided that such is conducted in a manner that provides appropriate physical distancing to the extent feasible.

Perfect time for a couch-fest binge watching your favorite shows and movies.

Video conference with coworkers while working from home.

Physical distancing of 6' from other persons at all times while walking, hiking, biking or golfing.