What can I do and not do during quarantine?

**CAN DO**
- Video chat with friends
- Leave the house for medical or food necessities*
- Attend online classes**
- Get fresh air and exercise
- Work remotely from home
- Catch up on sleep
- Binge watch your favorite TV show
- Go grocery shopping*
- Direct contact with household members

**LIMIT**

**CAN'T DO**
- Go to work
- Go to school**
- Hang out with friends

*Need assistance with supplies? Call (253) 377-4692.
**If participating in Test to Stay, you can go to in-person class.

If you must leave your house during quarantine, wear a mask.
Remember to monitor your health and watch for symptoms. If symptoms develop, call your healthcare provider and get tested. Find testing locations at tpchd.org/gettested