



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

#SaferAtHome

Just  
STAY  
Home

- DO** Cancel nonessential medical appointments.
- DO** Clean and disinfect commonly used surfaces and objects.
- DO** Wash your hands often for at least 20 seconds.
- DO** Stay active. Get outside and enjoy a bike ride or take your dog for a walk.
- DO** Practice social distancing (stay 6 feet away from others) if you have to leave home.
- DO** Call, text, and video chat your friends and family to stay connected.

- DON'T** Leave home if you're sick. Call your provider ahead of time before seeking any treatment.
- DON'T** Leave home unless it's necessary. Always practice social distancing if it is essential that you leave.
- DON'T** Host or attend social gatherings for you or your children.
- DON'T** Travel unless it is essential. Cancel or reschedule any upcoming trips or nonessential plans.
- DON'T** Believe everything you see or read. Do follow credible resources like DHS, that state only facts.