

**STATE OF WASHINGTON**

**DEPARTMENT OF HEALTH**

**COMMUNICABLE DISEASE EPIDEMIOLOGY**

***1610 NE 150th Street \* Shoreline, Washington 98155-9701***

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Dear Resident and Guardian –

We are currently living through a serious pandemic. To help stop the spread of COVID-19, Governor Inslee has asked Washington residents to stay home.

You live in a house with extremely vulnerable residents. When you leave home, you could be unknowingly exposed to illness and bring it back with you. This puts you and your house-mates at risk for COVID-19. We know it is difficult for you to stay at home, as it is for everyone else in our community.

PLEASE protect yourself and others by limiting your trips out of the house unless they are absolutely essential, such as medical appointments. Many businesses and facilities are closed at this time, as are places of worship. You can call them to find out if they have any on-line options available.

# Question: Can I go outside?

**Answer:** Yes. In fact, it is good for you to go for walks and sit in the sunshine. Just remember to stay at least six

feet away from others, avoid travel, and avoid crowds.

# Question: Can my family or friends come visit?

**Answer:** You should cancel or postpone in-person visits. But you don’t have to isolate yourself! Keep in touch with your

family and friends through phone and video calls, emails and letters, and social media.

# Question: I live with other people who come and go. What do I do?

**Answer:** Encourage everyone in your household to stay home unless they need groceries, prescriptions, or if they have a medical appointment. Anyone who goes out should wash their hands immediately when they get home.

# Question: How can I protect myself if I have to go out?

**Answer:** If you have to go out, stay at least six feet away from others, cough and sneeze into your elbow or a tissue, and wash your hands as soon as possible. It’s a good idea to also clean off any items you bring home with you before you use them.

The better we work together, the sooner we can end this pandemic. Thank you for protecting your house-mates by staying home.

With Appreciation,

Healthcare Associated Infections Program Team Washington State Department of Health