

What Maine's "Stay Healthy at Home" Order Means for You

You can leave your house to...



Walk or play outside for exercise, **alone** or with people who live **in your household**.



Buy **groceries**, cleaning supplies, or other essential goods.



Pick up **medication** and access medical / behavioral **care**.



Pick up **school meals** or **technology** needed for remote learning.



Care for **family or friends** who live outside of your household.



Do your **laundry**.



Care for **animals** or livestock.



Deposit or pick up **money**.



Pick up **take-out** from a restaurant.



Go to work **if** you are an employee of an **essential business**.



Ride public transportation in order to do any of the activities listed above, **if it is your primary means** of transportation.

But you can't...



Come closer than **6 feet** to others, **unless they live in your household**, while doing any of these activities.



Transport people **who don't live in your household** in your personal vehicle.



Eat **in-person** at a restaurant or bar.



Go to work if you are **not** an employee of an **essential business**. Your employer will let you know if your business has been deemed essential.



Ride public transportation **if you have alternative means** of transportation or if you are **not** doing one of the activities listed to the left.

Will I be arrested or fined for leaving my house?

As long as you are doing one of the **essential activities listed above**, and you are not coming within **6 feet** of anyone who doesn't live in your household, you **will not** be arrested or fined.

Every time you leave your house, remember to...



Send **only one person** from your household if you can! This minimizes your risk of getting sick.



Wear gloves if you have them. Touch as few surfaces as possible.



Avoid **touching your face**.



Stay **6 feet away** from anyone who doesn't live in your household.



Wash your hands for 20 seconds when you get home.

What should I say if someone asks me why I'm out of the house?

If you're walking or playing outside for exercise, alone or with people who live in your household:

- **If you're with people who live in your household:** "I am walking with other people who live in my household for exercise."
- **If you're alone:** "I am walking alone for exercise and am keeping a 6-foot social distance from others."

If you're on your way to an essential business (grocery store, restaurant offering takeout, pharmacy, etc):

- **If you're with people who live in your household:** "I am on my way to (buy groceries, do laundry, pick up medication, go to the doctor, pick up food, etc), which is an essential activity. Everyone who is with me lives in my household."
- **If you're alone:** "I am on my way to (buy groceries, do laundry, pick up medication, go to the doctor, pick up food, etc), which is an essential activity."

If you're going to work for an essential business:

- "I am going to work because my employer is an essential business."

If you're on public transportation to do an essential activity and it is your primary means of transportation:

- "I am riding public transportation because it is my only means of transportation. I am on my way to (buy groceries, withdraw money at the bank, pick up medication, etc), which is an essential activity."