

# #STAYATHOME

## A **STAY AT HOME ORDER** IS IN PLACE FOR CLAREMORE

Here is a guide for things you **CAN** and **CAN'T** leave your house for while under Claremore's Stay at Home order.

**Stick to essential activities.**

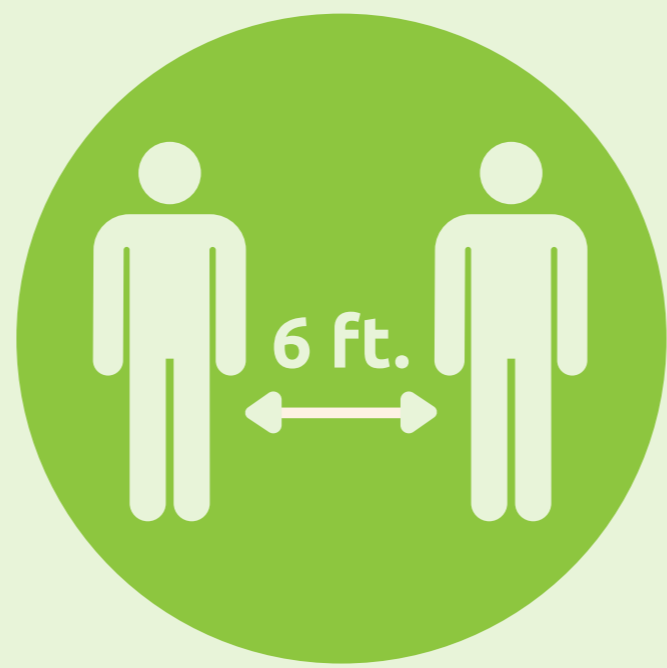
### Things you can do:



**Visit a Doctor  
or Pharmacy**



**Buy Food  
and Beverage**



**Outdoor Activity  
with your Family**



**Work at an  
Essential Business**



**Shop for Cleaning  
and Maintenance**

### Please avoid:



**Gathering  
in Groups**



**Shopping for  
Apparel and Gifts  
(Buy local online!)**



**Visiting Public  
Playgrounds  
and Dog Parks**



**Getting Personal  
Care Services**



**Attending Gyms,  
Golf Courses,  
and Sport Fields**