

## Stay at Home Order

To further combat the spread of COVID-19 in West Virginia, Gov. Justice issued a Stay at Home Order today, directing all West Virginia residents to stay at home and limit movements outside of their homes beyond essential needs.

### YOU CAN

- Go to the grocery, convenience, or warehouse store
- Go to the pharmacy to pick up medications and other healthcare necessities
- Go to medical appointments (check with your doctor or provider first)
- Go to a restaurant for take-out, delivery, or drive-thru
- Care for or support a friend or family member
- Take a walk, ride your bike, hike, jog, and be in nature for exercise – just keep at least six feet between you and others
- Walk your pets and take them to the veterinarian if necessary
- Help someone to get necessary supplies
- Receive deliveries from any business which delivers

### YOU SHOULD NOT

- Go to work unless you are providing essential services or work for an essential business as defined by the Order
  - Order available at [governor.wv.gov](http://governor.wv.gov)
- Visit friends and family if there is no urgent need
- Maintain less than six feet of distance from others when you go out
- Visit loved ones in the hospital, nursing home, skilled nursing facility, or other

### What is the difference between “Stay at Home” and “social distancing”?

Stay at home is a stricter form of social distancing

Stay at home means:

- Stay home (stay unexposed and do not expose others)
- Only go out for essential services
- Stay six feet or more away from others
- Don't gather in groups