


## EMERGENCY ALERTS

HIDE ALERTS

## Coronavirus Update

Stay informed about COVID-19: Latest on cases, guidance, regulations *May. 18th, 2020, 11:00 am* [Read more](#) 

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Reopening Massachusetts - learn more about the phased approach *May. 18th, 2020, 11:00 am* [Read more](#) 

**Mass.gov**

## NEWS

# Safer-at-Home Advisory

## DPH Public Health Advisory

5/18/2020

Department of Public Health

## Phase 1

- People over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs
- All residents are advised to leave home only for healthcare, worship and permitted work, shopping, and outdoor activities
- When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service
- Don't participate in close contact activities such as pick-up sports games
- All residents are **REQUIRED** to cover their face when they cannot maintain six feet of social distance in public
- Parents should limit play dates for children
- Refrain from visiting nursing homes, skilled nursing facilities, or other residential care settings
- All residents are advised to wash their hands frequently for at least 20 seconds with soapy water
- All residents are advised to be vigilant, monitor for symptoms and stay home if you feel sick
- Use remote modes of communication like phone or video chat instead of visiting friends or family who are high risk for COVID-19

## Resources

- **Wear a Mask in Public**
  - [Order and Guidance \(/news/wear-a-mask-in-public\)](/news/wear-a-mask-in-public)
  - [Video \(https://www.youtube.com/watch?v=HtUJPizQVPI\)](https://www.youtube.com/watch?v=HtUJPizQVPI)
- **Stop the Spread of Germs**
  - [Fact Sheets \(/info-details/covid-19-printable-fact-sheets#prevention-\)](/info-details/covid-19-printable-fact-sheets#prevention-)
  - [Video \(https://www.youtube.com/watch?v=atoYsk9IFXs\)](https://www.youtube.com/watch?v=atoYsk9IFXs)
- **Social Distancing**
  - [Fact Sheets \(/info-details/covid-19-printable-fact-sheets#prevention-\)](/info-details/covid-19-printable-fact-sheets#prevention-)
  - [Video \(https://www.youtube.com/watch?v=TkW72NwcOUg\)](https://www.youtube.com/watch?v=TkW72NwcOUg)
- **Stay Home. Stay Safe. Save Lives.**
  - [Video \(https://www.youtube.com/watch?v=jQLOTdjHjn8\)](https://www.youtube.com/watch?v=jQLOTdjHjn8)
- **Self- Quarantine**
  - [Information sheet \(/doc/information-sheet-how-to-self-quarantine-and-self-isolate/download\)](/doc/information-sheet-how-to-self-quarantine-and-self-isolate/download)
  - [Infographic \(/info-details/covid-19-printable-fact-sheets#at-home-quarantine-or-self-monitoring-\)](/info-details/covid-19-printable-fact-sheets#at-home-quarantine-or-self-monitoring-)
  - [Video \(https://youtu.be/QIRd6F9BWUA\)](https://youtu.be/QIRd6F9BWUA)
- **Coping with Stress and Anxiety**
  - [Fact Sheets \(/info-details/covid-19-printable-fact-sheets#coping-with-stress-and-fear-\)](/info-details/covid-19-printable-fact-sheets#coping-with-stress-and-fear-)
  - [Video \(https://www.youtube.com/watch?v=jSGIsQkrP-U\)](https://www.youtube.com/watch?v=jSGIsQkrP-U)

If you or a family/household member does not feel safe at home, please call **1-800-799-7233** for live support. If you are unable to speak safely, you can log onto [thehotline.org](https://thehotline.org) to chat online, or text **LOVEIS** to **22522**.

If you or a family/household member have another concern or need regarding this stay-at-home advisory, please call **2-1-1**.

You can sign up to get the most up-to-date information sent to your phone by texting **COVIDMA** to **888-777**.



**150 YEARS**  
OF ADVANCING  
**PUBLIC  
HEALTH**

**Department of Public Health** ([/orgs/department-of-public-health](https://orgs.department-of-public-health))

DPH promotes the health and well-being of all residents by ensuring access to high-quality public health and healthcare services, and by focusing on prevention, wellness, and health equity in all

people.

**More** (</orgs/departments-of-public-health>)

## RELATED

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### NEWS

#### **Order and Guidance: Wear a Mask in Public** (</news/wear-a-mask-in-public>)

**5/01/2020** | *Department of Public Health*

Learn about wearing face coverings and cloth masks in public, to slow the spread of COVID-19, as required in Governor Baker's Executive Order

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#### **COVID-19 State of Emergency** (</info-details/covid-19-state-of-emergency>)

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#### **COVID-19: Essential Services** (</info-details/covid-19-essential-services>)

Did you find what you were looking for on this webpage?

☐ Yes ☐ No

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