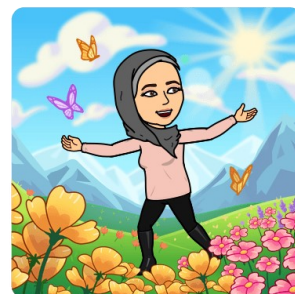


# Quarantine Activities

- **Take time for your hobbies:** Whether you like to draw, knit, cook, watch your favorite show, or anything you might enjoy, put some time towards doing what you love
- **Play a game:** If you are quarantined with others, find a game that can be played while keeping 6 feet from one another such as Charades, I-Spy, 20-Questions, and many others. There are many options if you are alone as well such as puzzles, word-finds, etc.
- **Socialize virtually:** There are many ways to communicate with others while practicing social distancing—Skype, Facetime, call, email, text, or even write a letter to your friends and family to stay in touch
- **Read a book:** Take the opportunity to read that book you've always wanted to read, but could never find the time for
- **Watch a live-stream concert:** You may not be able to go to concerts during the quarantine, but many of your favorite entertainers are ready to bring the shows to you via Facebook, Instagram, and other live-stream platforms
- **Visit a virtual art gallery:** Google Arts and Culture had partnered with more than 2,500 museums and galleries throughout the world, offering virtual tours
- **Get some fresh air outdoors:** Outdoor activities including walking, hiking, running, cycling, or any other recreational activity while keeping at least six feet from others. Keep in mind that while Wayne County parks are open, park playgrounds, park offices, and park restrooms are closed during the quarantine period
- **Exercise:** Although fitness centers are closed during quarantine, we can still get in our daily exercise. There are endless things we can do indoors without the gym equipment to get a workout in



**Public Health**



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**Info Lines: 2-1-1 or (734) 287-7870**