

A Stay-At-Home Advisory from the Holliston School Nurses

As the weather gets nicer and the *Stay-At-Home* Advisory continues, it is tempting to gather outside, especially on the Rail Trail. The nurses want to remind everyone that the *Stay-At-Home* Advisory from Governor Baker states that you should only leave your home to address essential needs. However, if you do decide to leave your home for some fresh air and exercise, it is important to follow everyday preventative measures and the following physical distancing tips:

- **Do not leave home if you are symptomatic**
- **Wear cloth or fabric face coverings in public spaces**
- **Only visit parks, trails and recreation areas that are open.**

- **Stay at least six feet from others at all times.**
- **Do not gather in groups**
- **Do not go into a crowded area.**
- **Avoid gathering with others outside of your household.**
- **Do not shake hands or hug**
- **Cover coughs and sneezes**
- **Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.**
- **Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available.**

https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/visitors.html?deliveryName=USCDC_2067-DM25771