# COVID-19
phila.gov/covid-19

## STAY HOME

### ESSENTIAL ACTIVITIES
- Grocery shopping and visits to pharmacies
- Delivery of food or essential goods
- Takeout at restaurants for orders placed by phone or online only
- Outdoor walking, running, and cycling

*Allowed with safe social distancing*

### NON-ESSENTIAL ACTIVITIES
- All gatherings except for essential business and activities
- Walk-in takeout orders at restaurants
- Food trucks and ice cream trucks

*Prohibited*

## KEEP HEALTHY

If you must leave your home for an essential activity, take these measures to keep yourself and everyone else healthy.

### SOCIAL DISTANCING
Stay at least 6 feet away from other people.

### MASKS
Continue to practice social distancing, even when wearing a mask.

### HEALTHY HABITS
- Wash your hands often
- Cover coughs and sneezes
- Don't touch your face

## KNOW THE SYMPTOMS

<table>
<thead>
<tr>
<th>FEVER</th>
<th>COUGH</th>
<th>SHORTNESS OF BREATH</th>
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Do you have symptoms of COVID-19? Talk to a medical professional.

- **Your doctor:** Call your primary care physician or the health system you visited most recently
- **City health center:** Find one near you by calling 3-1-1 or visiting phila.gov/covid-19
- **Greater Philadelphia Coronavirus Helpline:** 800-722-7122

## GET UPDATES & INFORMATION

**GET TEXT UPDATES**
Text COVIDPHL to 888-777

**QUESTIONS?**
Call Philly311

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4/8/2020