

# The Durham County Stay at Home Order: What Durham County Residents Should Know

## What is a stay at home order?

A stay at home order requires residents to stay at home except for essential activities such as buying food, getting medical treatment or exercise

### Do

Stay at home as much as possible  
(children too)

Go out only for essentials  
(food, medical care, etc.)

Go to work if your job is an essential  
service (health, food, etc.)

Stay at least six feet from others  
when you do go out

Exercise outside (hiking, walking, etc.  
if you can stay six feet from others)

Take your pets to the veterinarian

### Don't

Have play dates

Make non-essential trips

Gather in groups

Go to work unless it is an  
essential service

Visit loved ones in hospital or  
long-term care facilities

Have visitors or non-essential  
workers in your home

Participate in contact/group sports

### Open

Grocery stores

Banks

Pharmacies

Gas stations

Laundromats and cleaners

Mail

Childcare (in certain cases)

Bars and restaurants (takeout only)

Gas stations

Food banks

For more information, visit [dconc.gov](http://dconc.gov).



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March 25 2020