

From reports in the news media to posts on social media, there is a lot of information to absorb about Coronavirus (COVID-19). During this unprecedented time, we want to make an especially important request to you:

Please honor stay-at-home orders and practice social distancing. We know it's hard to dramatically change how we work, live and stay in touch with friends and family. It can be confusing to figure out exactly how to do it and what's ok or not. But social distancing is an important public health tool. Along with regular and frequent hand washing, it is the best thing we can all do to slow the spread of COVID-19, and ultimately save lives in our community.

[Here's some additional info to help you and those you love practice social distancing:](#)

Can I visit someone else's house if it's a small group?

Please stay in your own home during this critical time period, and do not invite others to your home. No in-person book clubs, board game nights, coffee chats, etc., no matter the size. Please stick to phone calls, social media, video conferencing and other remote ways to connect with friends and family. Many people who are infected with COVID-19 do not show symptoms for an extended period, which means you can't tell if someone is infected simply by looking at them.

Can I schedule a playdate for my child, or allow my child to meet up with friends?

We know this is particularly hard for children, but please avoid scheduling play dates, unless you are caring for a child of someone who is an essential worker as defined in the stay-at-home order. Please also avoid letting older children or teens meet up with friends. Children, tweens and teens may have a hard time maintaining more than six feet of separation. And while many children may not appear sick after getting infected with COVID-19, they could still spread the disease to others who may become quite sick.

What about an outdoor walk or hike with friends?

If you choose to go on a walk or hike, you should stay at least 6 feet away from other people, even close friends. If you have young children under the age of five and/or a child who may have a hard time keeping a safe distance from others, please avoid enjoying the outdoors with friends. Please also steer clear of crowded parks or trails, regardless of whether you are alone or with friends.

Are playgrounds OK?

While many parks remain open, you'll want to stay away from playground equipment, benches, picnic tables and other shared structures. Germs such as viruses can live on hard surfaces for hours and even days, and it may be difficult for children to avoid touching their faces before having a chance to wash their hands. A walk in the neighborhood or on an uncrowded trail is a better choice. Recently, the city of Rocklin has closed all of its public playgrounds.

Grocery stores are still open, right?

Yes, grocery stores are an essential service. But please try to grocery shop only once per week, to limit any potential exposure. Many grocery stores are setting aside time for high-risk people to shop, so check your local grocery store's hours and take advantage of these times if you are in a high-risk group. Make a game plan when you do have to run to the store to keep your trip short. And if you touch it, buy it.

Is takeout food safe? What about deliveries?

Fortunately, the risk of exposure to COVID-19 through food or deliveries is low. So go ahead and support your local restaurants, but only for takeout or delivery. And remember: To be safe, have the delivery left on the front porch, tip and pay remotely, remove food from delivery packages and always wash your hands after handling containers and packages.