

#SLOWTHESPREAD



STAY AT
HOME,
SIOUX FALLS.

Ask yourself: Is another trip out of the house really essential?

Please remember to continue social distancing yourself from others, and continue supporting businesses that are adapting their business model to reduce the spread of COVID-19.

If you need to:

Shop:

- Limit visits to grocery and retail stores as much as possible
- Get takeout and delivery from local restaurants
- Support local businesses that promote social distancing with 10 or less patrons at a time

Get healthcare:

- While you can still attend routine doctors appointments, please call ahead if you're feeling sick.
- Go to the pharmacy to pick up medication

You can also utilize services including:

- Banking services
- Laundromats
- Salon services
- Childcare
- Gas stations

Remember to:

Take care of yourself:

- Continue good respiratory hygiene and handwashing
- Practice social distancing
- Be mindful of your mental health

Take care of others:

- Be a good neighbor to those around you
- Help others if you are able to
- Support local businesses

Check out these resources:

- 1-800-997-2880
- [coronavirus.gov](https://www.coronavirus.gov)
- siouxfalls.org/covid-19
- covid.sd.gov
- helplinecenter.org