

A Checklist for Leaving the House

Whether getting back to work or venturing out for drinks in the city, always check the COVID health requirements of your destination so you can be prepared. Otherwise, here are a few other things to consider before leaving the house:

Have you received your vaccine? If not, get vaccinated so you have the option to go mask-less when mandates are lifted.*

Does your destination require proof of vaccination? If not, keep your card in a safe place. Even if it is required, a picture of your card (front and back) should be sufficient.

Are you feeling unwell, or have you been exposed to others with symptoms? If yes, please stay home!

Do you have a mask handy, hand sanitizer with at least 60% alcohol, and any other safety precautions you feel most comfortable with?

Have you kept up with the latest best practices for self care? Wash your hands often, cover coughs and sneezes, and clean and disinfect high touch surfaces.

* Except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

Information sourced from the CDC's Returning to Work guidance at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/returning-to-work.html>