



My Coming Out of Quarantine Safety Plan

Most of us are transitioning out of quarantine into the community. It's going to feel great, and maybe a bit scary. We can make a plan to stay safe and have fun.

What important things have I missed doing during quarantine?

- Going to my place of worship
- Going to the gym
- Hanging with friends
- Going to the store
- Going to parks
- Being with family
- Getting my hair cut
- Meeting up with my group
- _____
- Going out to eat
- Going to/hosting parties
- _____

Which activity do I want to get back to first? _____

What are the pros of returning to that activity?

- I will have fun
- I will reconnect with people
- It's my Personal Medicine
- _____

What are the cons of returning to that activity?

- I have an underlying health condition
- I live with a senior or high risk person
- I work in a high risk setting
- _____

Explore below to make your plan for staying safe.



My Plan for Staying Safe

My Plan for Staying Safe

To stay safe, I will *(check all that apply)*

- Walk/ride a bike instead of ride shares or public transportation
- Get an outdoor table at a restaurant
- Wear a mask
- Carry and use hand sanitizer
- Stay 6 feet away from others
- Sit away from others at church
- Give air hugs
- Avoid touching eyes, mouth and nose
- Call ahead to ask what safety measures are in place
- Carry disinfectant wipes to clean surfaces
- Tell family/friends about my personal safety boundaries
- Airdrop/text photos rather than handing my phone over
- Meet with family or friends outside
- Not share food or drinks

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- Ask others to wear masks too
- Wash hands before and after meals
- Shop in a less crowded part of the store
- Elbow bump instead of shaking hands
- Wipe down credit/debit cards
- Wash my hands after arriving home
- Not pick up things other people have been using *(e.g. basketball, game controllers, pens, utensils, books)*
- Pay online or ahead of time when possible
- Sanitize my cell phone/tablet after being out
- _____
- _____
- _____
- _____

Am I ready to get back to this activity safely?

- Yes No, I need more info/support No, I'll wait