

1

Do you know how to protect yourself?

All Yes



- Have you practiced how to stay 6 feet away from others? Yes No
- Do you have a mask? Yes No
- Will you wear a mask when around people in public? Yes No
- Do you have hand sanitizer? Yes No
- If you have medical problems, did you ask your doctor what you can do to protect yourself if you go out in public? Yes No
- Can you read basic signs? Yes No
Or will you have someone with you who can read signs for you?
- Do you feel healthy (no fever, no cough, no trouble breathing?) Yes No

Any
No

Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact

Protection and Advocacy in your state.

<https://www.ndrn.org/about/ndrn-%20member-agencies/>

2

Do you know what is going on in your town with COVID-19?



• Does your Governor say it's ok to go out?

Yes No

• If you live in a big city, does your Mayor say it is ok to go out?

Yes No



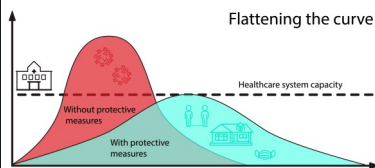
• States have put out rules to keep people safe during the Coronavirus. Have you gone over the rules for places in your town?

Yes No



• Will you agree to wear a mask and social distance when with someone who is at risk for severe illness?

Yes No



• Are the number of Covid-19 cases low, at a safe level in your state?

Yes No



Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact

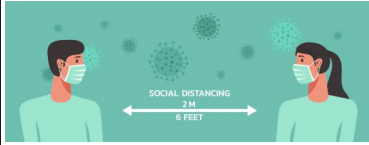
Protection and Advocacy in your state.

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3

Is it safe where you want to go?

All Yes



• Will most other people be wearing a mask?

Yes

No

• Can you stay 6 feet away from others?

Yes

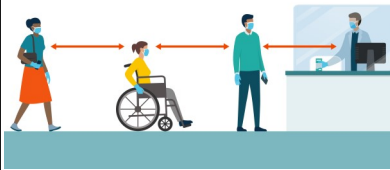
No



• Will you wash your hands or use hand sanitizer often? (For example before eating, after using the restroom, after leaving a public place, after blowing your nose, coughing, or sneezing.)

Yes

No



• Can you avoid crowds?
Can you easily move around?

Yes

No

• If you have to wait in a line, can you stay 6 feet away from others?

Yes

No

[Click here to see a chart that ranks activities from 1 to 9 based on your chance of getting COVID-19. A Spanish-language version is also available.](#)

Any
No

Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact

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4

Can you travel safely?

All Yes - You Can GO

If you take a bus or train:



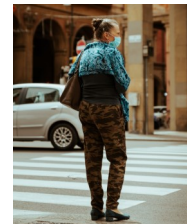
- Can you ride when it is not crowded? Yes No
- Will you wear a mask? Yes No
- Will you try not to touch surfaces? Yes No
- Will you practice social distancing? Yes No
- Will you wash or sanitize your hands when you get off? Yes No

If you ride in a car with someone who is not in your household...



- Will you and the driver wear a mask? Yes No
- Will you sit in the back seat? Yes No
- Will you wash your hands when you get out of the car? Yes No

If walking, can you cross the street if there is a big group? Yes No



Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact

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