

COVID—19

What You Can Do:

ACCESS ESSENTIAL SERVICES:

You can still go outside to access essential services like going to the grocery store, pharmacy, gas station and the doctor.

EXERCISE OUTSIDE:

You can go for a walk or ride your bike. It is important to get exercise and stay healthy. Sequim City Parks are currently closed to the public, but the Olympic Discovery Trail is open for use with appropriate social distancing.

WORK IN YOUR YARD:

You can work in your yard and get your garden ready for Spring. Residents who have a garden bed at June Robinson Memorial Park can work in their garden but must maintain social distancing.

SUPPORT LOCAL RESTAURANTS:

Restaurants are closed to sit-down business, but many are open for takeout or delivery. You can also buy a gift certificate from your favorite restaurant to use later.

CONNECT WITH YOUR LOVED ONES AND NEIGHBORS:

Isolation can affect our moods and attitudes. It is important to stay connected with our loved ones. Make a phone call, set up a video conference, or send a written note. If you are running to the store, check to see if you can help a neighbor who may not be able to get out for essential supplies.