



The City of Auburn's Guide to Stay At Home, Stay Healthy

How the order will be implemented in Auburn, and other impacts throughout the state

Around the State: DO



GET GROCERIES

Grocery stores, pharmacies, gas stations, and food supply chains are all remaining open. Make sure to only take what you and your household needs, and leave enough for your neighbors!



GO FOR WALKS

Fresh air and moving our bodies is good for our physical and mental wellbeing. Try to stay in your immediate area, and maintain at least 6ft of space between you and people you don't live with.



CONTINUE ESSENTIAL WORK

While others work from home, if you are an essential worker, you are permitted to travel to and from work, no 'special permit' necessary. A full list of essential workplaces can be found [here](#). (P.S. A huge thank you to essential workers out there!)



SPEND TIME IN CROWDED PLACES

Washington State is beautiful, but popular outdoor spots get crowded. Don't spend time in places with large groups of people, especially if you can't maintain at least 6ft of distance from people you don't live with at all times.



SHOP FREQUENTLY

Groceries are necessary, but frequent trips to the shop are not. Limit your exposure to COVID-19 as much as possible by only going to the store when you need to, and maintaining the 6ft of distance rule while you're there.



HAVE SOCIAL VISITS

Our bonds with friends and family are important, so don't meet face-to-face with loved ones you don't live with. Instead, keep in touch over the phone, video calls, and social media.

In Auburn: DO



GET INFORMATION

Of course, this virus will have widespread impacts within our community. The City of Auburn has put together a complete list of financial resources at the local, state, and federal level. Check it out [here](#).



PARTICIPATE

While the city's doors are closed, the work continues! Council meetings are happening virtually, and the public is highly encouraged to attend the meeting either online or via phone. The website and dial-in number can be found [here](#).



REACH OUT TO CITY STAFF

Like the City Council, while the physical spaces are closed, City of Auburn staff are continuing to work and are available to help with payments and questions. Feel free to reach out to us!



USE RECREATION AREAS IN PARKS

The City of Auburn has closed all active recreation areas in parks. The parks and trails are still open, but all playground equipment, sports courts, baseball fields, and picnic shelters are closed.



MINIMIZE SYMPTOMS

Right now it can be confusing as to who to talk to to get evaluated for COVID-19. MultiCare is currently offering free e-visits (found [here](#)) to those with symptoms. Always call before visiting a hospital, clinic, or urgent care!



THINK THIS IS FOREVER

These are unprecedented times, and it feels strange to deviate so much from our daily routines. Luckily, we know that these measures are temporary in order to keep our community safe. We can get through this together!



Contact Us!