

## **FREQUENTLY ASKED QUESTIONS**

### **DELAWARE'S STAY AT HOME ORDER**

**Q: When do I need to start staying at home?**

- The Stay at Home Order started Tuesday morning on March 24, 2020 at 8:00 a.m. and is scheduled to last until May 15, 2020, or until the public health threat is eliminated.

**Q: What does the stay at home order mean?**

- The Stay at Home Order requires that people remain in their homes or places of residence and avoid going out in public unless they are engaged in an “Essential Activity” or “Essential Travel.” (Those terms are explained below).

**Q: Who ordered us to stay at home?**

- Delaware’s Governor, John Carney, as part of several adjustments to ensure the public health during this pandemic.

**Q: Why do we need the stay at home order?**

- The Stay at Home Order is needed to reduce the spread of coronavirus disease 2019 (also known as COVID-19) in Delaware. Unless we all take steps to reduce the spread of this illness, Delaware’s health care systems will have more sick people than they can care for. By staying home and reducing your activities, you can help reduce the rate of spread of this illness in Delaware and avoid overburdening our health care systems.

**Q: What happens if I ignore the Stay at Home Order?**

- People who violate an emergency order can be fined up to \$500 or subject to imprisonment for up to six (6) months for each violation.

**Q: How long will the stay at home order last?**

- The Stay at Home Order will last until May 15 or until the public health threat is eliminated.

**Q: Can I leave my home or place of residence?**

- Yes, but only for Essential Activities or Essential Travel (more information on that below). If you leave your home, you must still practice social distancing by staying at least six feet away from other people.

**Q: What is social distancing?**

- maintain at least a six-foot distance from other people who are not in your household
- wash your hands with soap and water for at least twenty (20) seconds as frequently as possible or use hand sanitizer
- cover coughs or sneezes by sneezing into a tissue or your inner elbow (not your hands)
- regularly clean high-touch surfaces
- do not shake hands
- follow all CDC recommendations available at <https://www.cdc.gov/>

**Q: I am young and healthy. Do I need to follow social distancing?**

- Yes. Unless we all take steps to reduce the spread of this illness, Delaware’s healthcare systems will have more sick people than our hospitals can support. While the symptoms are often less severe in the young, young and healthy people can become infected and transmit the virus to others. We need everyone to be cautious and practice social distancing.

**Q: Do I need to stay 6 feet away from members of my household?**

- No, social distancing is not required between members of the same household, caregivers, or individuals with whom you have a close personal relationship.

**Q: What are “Essential Activities”?**

- Essential Activities are activities that are necessary for you to maintain your health, and the health and wellbeing of your family members, including pets. Here are some examples of Essential Activities:
  - getting medical care and medical supplies, such as prescriptions
  - buying food, household supplies, and pet supplies
  - caring for family members, friends, or pets in other households
  - doing laundry at a laundromat or dry cleaner
  - exercising and going outside, such as walking, running, biking, fishing, or walking your dog

**Q: What is “Essential Travel”?**

- Essential Travel is any travel necessary for an Essential Activity. Here are some examples of Essential Travel:
  - travel to care for, or deliver supplies to, elderly persons, children, and people with disabilities
  - travel to purchase food and other household supplies
  - travel to care for pets
  - travel to schools and other educational institutions where the travel is necessary to receive materials for distance learning, receiving meals, or any other related services
  - travel necessary to return to your home or place of residence in Delaware
  - travel necessary to return to your home or place of residence outside of Delaware
  - travel to comply with a court order, including a custody agreement
  - travel to work for those businesses deemed essential to remain open

**Q: Do I need special permission to drive on Delaware roads during the stay at home order?**

- No, special permission or documentation is not required to drive in Delaware at this time.

**Q: Can I go outside?**

- Yes. Outdoor exercise like walking, running, hiking and fishing is allowed. When you are outside, you should still practice social distancing by running or walking at least six feet away from other people.

**Q: Can I go to the park?**

- Yes, but you should still practice social distancing by staying at least six feet away from other people.

**Q: What about a playground?**

- Most public playgrounds are closed and should be avoided. Additionally, you should avoid using basketball courts with other people, or using jungle gyms because they are not being wiped down between children who may climb on them. Remember, while exercising or playing outside, you should still practice social distancing by keeping six feet away from other people.

**Q: Can I go to the beach?**

- Yes, but only to exercise or walk your dog where dogs are permitted, and you should still practice social distancing by staying at least six feet away from other people. Many towns have closed areas near beaches, like boardwalks and parking lots.

**Q: Can I go camping?**

- No, Delaware campgrounds are closed at this time.

**Q: My grandma wants to visit for social reasons. What should I tell her?**

- Encourage her to stay home, call each other on the phone, or use FaceTime, Skype, or another video call option. Remember that you can travel to care for or deliver supplies to elderly persons, children, and people with disabilities, but not for social visits.

**Q: Should I stock up on food and paper products?**

- No. Groceries stores are open and are essential businesses. You are permitted to go to the store as needed to pick up what you need, including food, groceries, formula, and diapers, and toilet paper. Sellers have repeatedly indicated that there is plenty of supply and there is no reason to over-purchase.

**Q: Is takeout and delivery from restaurants still available?**

- Yes, takeout and delivery from restaurants is permitted in Delaware at this time.

**Q: Where can I find more information about the Stay at Home Order?**

- Additional information about COVID-19 and the Stay at Home Order is available at: <https://news.delaware.gov/2020/03/22/governor-carney-issues-stay-at-home-order-for-delawareans>

**Q: How can I get tested for coronavirus?**

- To be tested, a referral from your provider is required. (\*Bayhealth patients will be pre-screened via phone without needing to see a provider first). Symptoms include: fever AND either cough OR difficulty breathing, body aches and sore throat. Contact your primary care provider if you have one. Those without a healthcare provider should call the DPH Call Center at [1-866-408-1899](tel:1-866-408-1899).
- **Further info:** <https://coronavirus.delaware.gov/testing/>

**Q: What should I do if I think have coronavirus symptoms?**

- If you have a primary care provider, please call them for further information. If you do not have a health care provider, please call the DPH Call Center at [1-866-408-1899](tel:1-866-408-1899).

**Q: Can I find out if someone I know or came in contact with tested positive for COVID-19?**

- Due to restrictions in HIPAA and state privacy laws, the Division of Public Health is not permitted to provide that information. If you are identified as contact of someone who tested positive in a high-risk setting (like a nursing home), the Division of Public Health will reach out to you.

**Q: Can I go to my medical/behavioral health appointment?**

- Call your provider before your appointment to see if they are still conducting appointments. Many providers offer telemedicine services, call them in advance to find out if this is a service they offer. If you are unwell, please let your provider know and follow their guidance.