

# From inside to outside:

## Tips to stay healthy in public after quarantine



As we transition back into public settings again, it's important to continue safety measures so you remain healthy. See our doctor-recommended tips to stay well in public.



### Continue social distancing

People still have COVID-19 and can pass the virus on, so it's best to keep practicing the 6-foot distance rule.



### Wear a cloth face mask when going out

It's important to wear a mask, especially if you're in a situation where remaining 6-feet apart may be challenging since many people can carry the virus without symptoms.



### Wash your hands

Washing hands about 10 times per day for 20 seconds has shown to be very effective in reducing the spread in similar viral diseases like SARS (a virus in the coronavirus family).



### Seek medical attention if you think you have COVID-19

Using virtual care will allow you to seek care early on from the comfort of your home and prevent the spread of COVID-19. Please stay home if you get sick or don't feel well.

**Learn more and get the latest testing information:**  
[teladoc.com/coronavirus](https://teladoc.com/coronavirus)