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**Madera County, we can all do our part:**  
**STAY HOME. STAY WELL. STAY CONNECTED**

*Purpose: Slow the spread of COVID-19, not overwhelm healthcare resources & protect vulnerable populations*

**Message 1: Stay Home**

The Governor issued a stay-at-home order for all Californians on March 19<sup>th</sup>. Madera County residents should only go out for essential business. When going out utilize social distancing and return home promptly when your business is complete. Essential services will remain open such as:

- Gas stations
- Pharmacies
- Food: Grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants
- Banks
- Laundromats/laundry services

Essential state and local government functions will also remain open, including law enforcement and offices that provide government programs and services (call ahead for modified lobby hours). As the situation changes, this list of essential business and services may narrow. The agencies providing these essential services may need to assign staff to other duties to meet critical need.

When you are sick, it is even more important that you stay home and do not go to work or out in public. Assume you have the flu and take the steps you would normally take such as staying in bed, drinking fluids and using over the counter medications appropriately. If symptoms worsen, call your doctor. Do not be alarmed if you are not tested for COVID-19, resources for testing are extremely limited and testing will be done based on symptoms or travel history.

**Message 2: Stay Well**

Utilize flu prevention techniques to stay healthy. This means washing your hands with soap and water for 20 seconds or using sanitizer; covering your cough & sneezes; and sanitizing surroundings.

**Message 3: Stay Connected**

During this time of uncertainty, it's important to stay connected with friends, families, neighbors, and others. Know the signs of anxiety and stress and take care of your emotional health. We encourage you to check on those around you by calling or texting. Stay up to date with current and reliable information by going to trusted sources such as our webpage <http://www.maderacounty.com/covid19> and Facebook.

**Stay Home. Stay Well. Stay Connected.**

