

## **Domestic: Stay Home – PSA #4**

### **Follow State and Local Guidance**

Planning a trip to visit family? Leaving your home increases your chances of getting and spreading COVID-19. Some state or local governments are issuing orders and guidance such as stay-at-home or shelter-in-place. The Centers for Disease Control and Prevention recommends you stay home except to get groceries, medications, or other essentials. If you must travel, follow the state or local guidance where you are, along your route, and at your destination.

For more information visit [cdc dot gov](https://www.cdc.gov).