



COVID-19 Rules and Regulations for Individuals

As of March 19, 2020, and until further notice

A state of emergency exists in the State of California because of the threat of COVID-19. By order of the Governor and the State Public Health Officer, here are the rules everyone must follow during the emergency:

Do not go out:

- If you are sick, do not leave your house. Call your doctor, healthcare provider or 211 for instructions. Dial 9-1-1 for emergency help.

Stay at home unless you must go out to:

- Get food, medicine, gas or other necessities
- Exercise, but only if you can maintain 6-foot social distance. If you cannot, choose a different location or do not go
- Visit a health care provider, or care for family or a friend who is elderly, disabled or requires assistance
- Work, if you are an essential critical infrastructure worker. For a list of essential critical infrastructure workers, see list at www.carlsbadca.gov/COVID19

If you must go out, follow social distancing guidelines:

- Maintain a distance of **at least 6 feet** from people who are not part of your household
- Wash hands often, before you leave and after returning
- Do not congregate and stay away from groups of 10 or more
- Do not touch your face

More information about these rules may be found at:

covid19.ca.gov/stay-home-except-for-essential-needs

Please do your part and follow these rules. The orders are in place to stop the spread of COVID-19, flatten the curve and maintain the health and safety of our community. Violators of the orders may be subject to criminal penalties, including imprisonment, a fine or both. See California Government Code Section 8665.