



## A GUIDE TO SWAMPSCOTT'S STAY-AT-HOME ORDER

As the Town of Swampscott seeks to save lives and stop the spread of COVID-19, the Swampscott Select Board and Board of Health issued an Emergency "Stay at Home" Order. The new order takes effect at 12:00 PM Thursday, March 26, 2020, and will continue until May 4, 2020 – which is in-line with the State-ordered school closure schedule.

Individuals may leave their residence only to engage in the following allowable individual activities:

- *Perform tasks essential to maintain one's own health and safety, or the health and safety of family or household members (including pets), such as obtaining medicine or medical supplies, or visiting a health care professional*
- *Pick-up necessary services or supplies for oneself, family or household members*
- *Deliver services or supplies to others to maintain the safety, sanitation, and essential operation of residences (including volunteers)*
- *Engage in outdoor activity, such as walking, hiking or running if maintaining social distancing*
- *Perform work that provides essential products and services at a business that has been deemed essential by Governor Baker's [state order](#).*
- *Care for a family member or pet in another household*
- *Care for elderly, minors, dependents, persons with disabilities, or other vulnerable persons*
- *Visit an educational institution for purposes of receiving materials for distance learning*
- *Visit a food bank or food distribution center for meals or supplies*
- *Travel as required by law enforcement or court order*
- *Travel to childcare services for employees of essential businesses per Governor Baker's order.*

To view the full Stay-at-Home order, visit the Town of Swampscott website at [www.swampscottma.gov](http://www.swampscottma.gov) or click [here](#).