

## Governor Mills' "Stay Healthy at Home" Executive Order

Governor Mills' "Stay Healthy at Home" Executive Order requires that Maine people remain at home unless leaving for an essential job or an essential activity.

What do essential personal activities include?

- Obtaining necessary supplies for household consumption or use (for example, groceries, laundry, and products needed to maintain safety).
- Obtaining medication or medical supplies and seeking medical or behavioral health or emergency services.
- Providing care including transportation of oneself, a family member, friend, pet or livestock in another household or location for essential services and to obtain necessary supplies and services.
- Traveling to and from an educational institution for purposes of receiving meals or instructional materials for distance learning.
- Engaging in outdoor exercise, such as walking, hiking, running, or biking, while adhering to social distancing rules.
- Travel required by a law enforcement officer or court order.
- Traveling to and from a federal, State, or local government building for a necessary purpose.