

ASL Version Video Transcript:

Hi, my name is Glenda McCary, SC Association of the Deaf (SCAD) President.

From: SC Emergency Management Division (SCEMD)

The SC Governor ordered stay at home or work in South Carolina.

Now is the time to make your personal health and the safety of others your top priorities.

There is currently no cure or vaccine, only actions that you and your family can take to stay healthy.

Here's what you should be doing right now to prevent being infected and to help protect others:

1. Go home. Stay Home. Limit travel outside your home. While at home, regularly clean frequently touched surfaces like counters, tables, chairs, doorknobs, etc. Practice frequent hand washing, good personal hygiene and monitor yourself and your family for COVID-19 symptoms. Monitor local media and official, verified sources for information and updates.

2. Work: If you're able, work from home as much as you can. If you must report to work, take daily precautions to protect yourself and your coworkers. Practice social distancing at work by staying at least six feet away from people as much as possible, refrain from using shared equipment as much as possible and disinfect regularly used equipment regularly. Consider wearing a homemade mask as an extra layer of precaution.

3. Essential Goods and Services: Purchase necessary supplies such as food, beverage, medication, baby products, pet food, materials to maintain your home and property. Essential stores that are still open are limiting the number of customers inside at any one time. Give yourself plenty of time to purchase what you need and have only one family member go inside a store at a time. Practice social distancing from other shoppers and immediately wash your hands once you return home or use hand sanitizer after being in public. Consider wearing a homemade mask as an extra layer of precaution.

4. Medical: Call your health care provider first if you have concerns about your health. Many healthcare providers are taking extra precautions to limit the spread of COVID-19 and are offering telehealth services and virtual appointments. A list of telehealth providers is available on DHEC's COVID-19 website. Reschedule any appointments you can.

5. Caring for Family: If you go to a family member's home to help care for them, take extra precautions around your loved ones. Wear a mask, wash your hands often, clean frequently touched surfaces, and don't visit your family members if you're sick; have a healthy family member or friend assist.

6. Outdoor Activities: Outdoor exercise is permitted and encouraged as long as you do so responsibly. Enjoy walks, jogs or bicycle rides, but stay at least 6 feet away from people you don't live with. Avoid touching public surfaces.

These are just a few steps that you personally can take to keep yourself and your loved ones healthy. More information on what you can do is available at [scdhec.gov](https://www.scdhec.gov) and [scemd.org](https://www.scemd.org).

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