

# Stay-at-Home Advisory



**Beginning Friday, November 6, 2020 all residents of Massachusetts are advised to stay home between the hours of 10 p.m. and 5 a.m.**

**During these hours only leave home for essential needs, such as:**



**Going to work**



**Going to school**



**Seeking emergency medical care**



**Going to the grocery store**



**Going to the pharmacy**



**Picking up take-out food**



**Receiving a delivery**



**Do not host gatherings during these hours**

For more information visit [mass.gov/stayhome](https://mass.gov/stayhome)

