How do I talk to my loved ones about the importance of staying home?

Convincing your loved ones to stay home can be a challenge. Here are some tips on having a conversation about staying home and staying healthy.

**Do**

- **Do make it personal**
  - Staying home now means going to the reunion next year!
  - I know you want to help.

- **Do reassure them they are not alone.**
  - Social distancing doesn’t mean social isolation.
  - Let’s try video chatting!

**Don’t**

- **Don’t blame**
  - What were you thinking?

- **Don’t exaggerate or minimize.**
  - It’s not that bad.
  - I hope we all survive this.

**Spread the Facts**

coronavirus.wa.gov