1. **Do you know how to protect yourself?**

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Have you practiced how to stay 6 feet away from others?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Do you have a mask?</td>
<td></td>
<td></td>
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<tr>
<td>• Will you wear a mask when around people in public?</td>
<td></td>
<td></td>
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<tr>
<td>• Do you have hand sanitizer?</td>
<td></td>
<td></td>
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<tr>
<td>• If you have medical problems, did you ask your doctor what you can do to protect yourself if you go out in public?</td>
<td></td>
<td></td>
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<tr>
<td>• Can you read basic signs? Or will you have someone with you who can read signs for you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Do you feel healthy (no fever, no cough, no trouble breathing?)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Any NO answers.** Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact **Protection and Advocacy in your state.**

https://www.ndrn.org/about/ndrn-%20member-agencies/
Do you know what is going on in your town with COVID-19?

- Does your Governor say it’s ok to go out?  Yes  No
- If you live in a big city, does your Mayor say it is ok to go out?  Yes  No
- States have put out rules to keep people safe during the Coronavirus. Have you gone over the rules for places in your town?  Yes  No
- Will you agree to wear a mask and social distance when with someone who is at risk for severe illness?  Yes  No
- Are the number of Covid-19 cases low, at a safe level in your state?  Yes  No

Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact Protection and Advocacy in your state.

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Green Mountain Self-Advocates gmsavt.org  Page 17
3 Is it safe where you want to go?

- Will most other people be wearing a mask? Yes No
- Can you stay 6 feet away from others? Yes No
- Will you wash your hands or use hand sanitizer often? (For example before eating, after using the restroom, after leaving a public place, after blowing your nose, coughing, or sneezing.) Yes No
- Can you avoid crowds? Can you easily move around? Yes No
- If you have to wait in a line, can you stay 6 feet away from others? Yes No

Click here to see a chart that ranks activities from 1 to 9 based on your chance of getting COVID-19. A Spanish-language version is also available.

Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact Protection and Advocacy in your state.

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Green Mountain Self-Advocates gmsavt.org Page 18
Can you travel safely?

If you take a bus or train:

- Can you ride when it is not crowded? Yes No
- Will you wear a mask? Yes No
- Will you try not to touch surfaces? Yes No
- Will you practice social distancing? Yes No
- Will you wash or sanitize your hands when you get off? Yes No

If you ride in a car with someone who is not in your household...

- Will you and the driver wear a mask? Yes No
- Will you sit in the back seat? Yes No
- Will you wash your hands when you get out of the car? Yes No

If walking, can you cross the street if there is a big group? Yes No

Any NO answers. Make a plan to learn what you need to know to be safe to go out. If you think your rights are being violated contact Protection and Advocacy in your state.

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