



DID YOU KNOW?

Instead of attending spiritual gatherings in person or congregating in cars during #SaferAtHome you can safely view or listen to almost any form of spiritual service through:

- Television
- Radio
- Online
- Video Recordings
- Live Streams
- Podcasts

Mental and physical health is important during #SaferAtHome and so is spiritual health. Taking time to be mindful, meditate, and pray are great ways to be spiritual individually or as a family.

For additional resources and guidance on how to safely practice or observe your faith, reach out to your spiritual community or its local leaders.

Note: Wisconsin's #SaferAtHome order was put in place to slow the spread of COVID-19. The order prohibits all mass gatherings. Limiting the chances for physical contact in group settings has proven to be the most effective way to flatten the curve.



Douglas County Public Health



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**