

# VISITING RECREATIONAL AREAS DURING THE CORONAVIRUS (COVID-19) PANDEMIC

Spending time outdoors is a great way to stay active and manage your stress. Many experts believe that it is acceptably safe to visit recreational areas, including parks and trails, during COVID-19 as long as you are not ill and take appropriate precautions, such as the tips below.



Avoid visiting areas that require traveling a long distance. Stopping along the way risks being in contact with others and possible exposure.



Call ahead before your visit so you can plan accordingly. Bathrooms, food and water may not be available at certain locations.



While enjoying your time, maintain a distance of at least six feet away from anyone other than your household members. Leave if you can't safely do so.



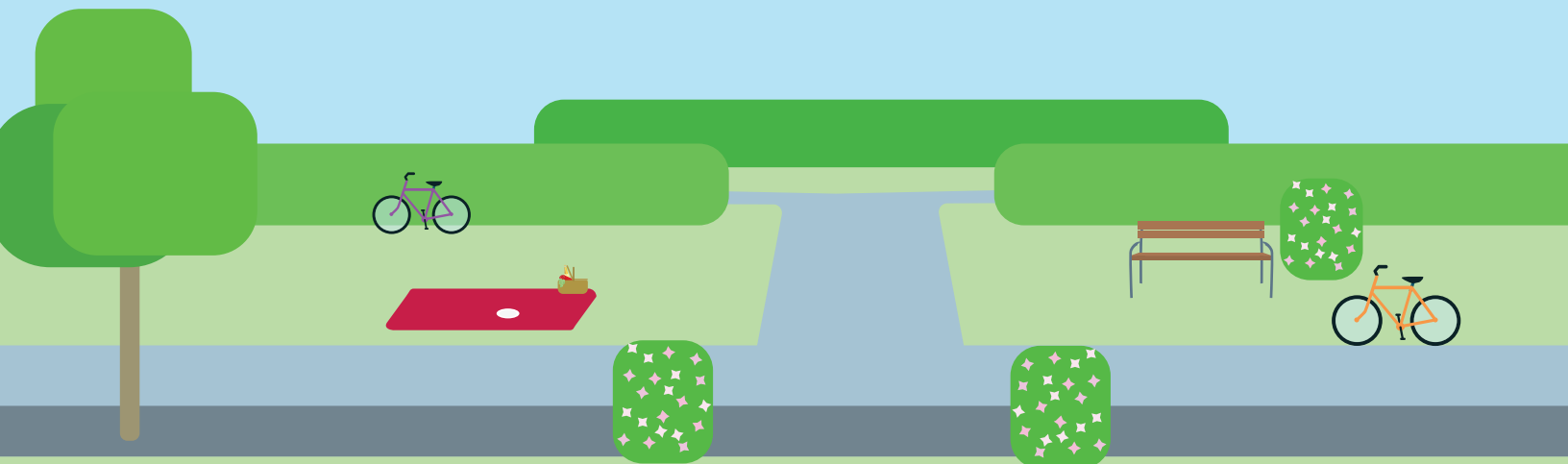
Avoid playgrounds and frequently touched surfaces like parking meters, handrails and water fountains. Bring disinfecting wipes to clean any surfaces you may need to touch.



Do not participate in any organized activities or games. Do not share any sports equipment.



Wash your hands frequently. Bring hand sanitizer in case soap and water are not available. Avoid touching your face.



For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>