

PROTECT YOURSELF AND OTHERS FROM COVID-19



Dos and Don'ts For Visiting Parks and Recreation Facilities

According to CDC, staying physically active is one of the best ways to keep your mind and body healthy. In many ways, people can visit parks, trails and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active and safely connect with others.



Dos Checklist



Visit parks that are close to your home.



Prepare before you visit.



Stay at least 6 feet away from others (social distancing).



Play it safe around and in swimming pools. Keep space between yourself and others.



Don'ts Checklist



Visit parks if you are sick or were recently exposed to COVID-19.



Visit crowded parks.



Use playgrounds.



Use hottubs, spas, water playgrounds or water parks.



Participate in organized activities or sports.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html>

For more information, call the COVID-19 hotline at (252) 462-2079.