

Get Outside. Stay Safe. Be Well.

*Time spent outdoors being physically active keeps your mind and body healthy.
Follow these recommendations to keep yourself and others safe.*



**Feeling sick? Please stay home.
Have a cough or fever? Call your doctor.**



Physically distance 6 feet from others.

Maintain a safe distance from others not in your household. Smile and wave hello, but respect others' space.



Avoid gathering in groups.

Maintain a safe distance at access points and on the beach where you settle. Allow others to leave before entering an area.



Masks should not be worn in the water.

Cloth face coverings are recommended when on dry land and near others. They're not recommended for children under 2 years or anyone with difficulty breathing or removing it on their own.



Wash your hands often and thoroughly.

Wash for 20 seconds with soap and water or use hand sanitizer after touching shared surfaces and before you touch your face.



Pack it out. Leave no trace.

Be respectful of nature. Please take your trash with you if receptacles are unavailable or full.