

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.**



Physical distance 6 feet from others.

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



Avoid congregating.

Maintain a safe distance and allow others to leave before entering a crowded area.



**Do not use playgrounds, picnic tables,
drinking fountains, or shared equipment.**

The virus can live on these high-contact surfaces between users. Bring your own water, chairs, blankets, lawn games to enjoy.



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 and limit the burden on staff. Please take your trash with you if receptacles are unavailable or full.