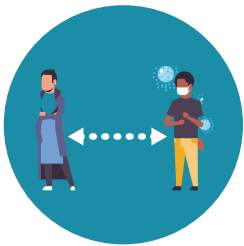


## How to enjoy the outdoors during COVID-19

Getting outside is a great way to stay active and reduce stress. While enjoying outdoor activities, it is important that we all do our part to prevent the spread of COVID-19.



- **Stay at least 6 feet away** from others at all times.
- **Do not gather in groups.**



- **Wear a homemade cloth mask or face covering**, which can prevent your germs from infecting others. Wearing a mask does not protect you from others who may spread the virus and is not a substitute for social distancing.



- **Wash your hands** before and after visiting public places with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- **Avoid activities** with shared equipment such as sports equipment, playgrounds, and play structures.
- **If you are sick, please stay home!**