

PHYSICAL DISTANCING OUTSIDE

KEEP YOUR RECREATION RESPONSIBLE

Spending time outdoors is good for our health, but physical distancing is essential for everyone's health.

- ➔ **Walk, bike or run alone or people you live with.**
- ➔ **Read & follow posted signs. Do not use closed playgrounds, parks or trails.**
- ➔ **Be prepared for limited access to public restrooms or water fountains.**
- ➔ **Maintain a six foot distance between you and others.**
- ➔ **Don't arrange to meet up with others.**

