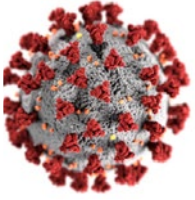


Covid-19: Stay Safe in the Outdoors by Practicing Social Distancing



Why Practice Social Distancing While Outside?

The simple answer is the virus does not care whether you are inside or outside. COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. **This can also happen while you are outside and droplets can travel farther in windy conditions.**



It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sun light and humidity.

Social distancing helps limit contact with infected people and contaminated surfaces.

Avoid large and small gatherings in private places and public spaces, such a friend's house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person play dates while school is out.

The Weather is Great! What are Acceptable Outdoor Activities?



Whatever you do outside, practice social distancing, which means keep at least 6 feet away from others to avoid contracting or spreading the virus, the CDC says. You can walk, run, hike and bike in their local neighborhoods as long as they continue to practice social distancing of 6 feet. **Specifically avoid crowded trails and parking lots.** Although adhering to the CDC's social distancing guidelines means group hikes or playing team sports are out, in many cases, you may still have the freedom to explore your local wild trails alone or take a solo bike ride around your neighborhood.

If you are enjoying activities like boating or fishing, remember these activities may involve gas or supply stops and interaction with others in public areas. Always practice social distancing and wear a mask in public areas.



General Outdoor Precautions

- Avoid touching surfaces and touching your face while out.
- Do not touch park benches, pull-up bars, park bathroom sinks and buttons for crosswalks with your hands or wear gloves and wash your hands.
- Carry hand sanitizer with you in case you accidentally do touch something that hasn't been disinfected.
- Avoid drinking from public water fountains, given other people's noses and mouths get close to them.
- Wash your hands when you get home.
- Stay 6 feet apart in public (which is about two arm lengths) and with people who are sick.
- Continue to wear a face covering in public.



Stay Informed with the Latest Information.

Visit www.norcen.org/Covid-19 or www.cdc.gov/coronavirus

