

**WARREN COUNTY
HEALTH DEPARTMENT**



COVID-19 safety tips for outdoor enthusiasts

- Don't go out if you are sick. Period. Even if it isn't the novel coronavirus, no one who has any symptoms of any illness should be out in public — even if you are outdoors.
- Wash your hands before you go and carry hand sanitizer
- Bicyclists, trail runners and hikers need to make sure they stay at least 6 feet away from other people — whether it is a friend or people you don't know. No exceptions.
- Don't go outdoors with your BFFs. As much as you want to be with your workout buddies, gatherings are a no-no. The Governor's most recent rules ban group activities, indoors and outdoors.
- Bring your own water and keep in mind that any public restrooms may be closed.
- It's even more important than usual to pack out your own trash to protect any park employees.
- Be prepared: Please consider that any accidents in the woods are dangerous for you and put a strain on first responders and our already overloaded healthcare system.
- Stick to wide, unpaved fire roads and avoid single-track trails. Narrow trails don't allow you to pass others and maintain the proper social distancing (6 feet). Dirt fire roads allow you to spread out and easily avoid others. Avoid narrow trails less than 6 feet wide if you expect to encounter other hikers.
- Find less-crowded areas. If your normal route is too crowded to allow you to practice safe social distancing, pick a different route or go at a time when others are less likely to be there. You need to follow the 6-foot rule.
- Map out a route in your neighborhood. Stay close to home if you're not sure whether the park or beach you want to go to is open. Create a route using free online tools (I like Map My Run) and then follow it. Add a mile or so a day if you are using your newly found time at home to train a bit more. Stick to roads and wide paths.
- Lastly, if you see crowds, leave. The spirit of the safer-at-home order is to decrease contact with others. Don't violate the order and risk exposure to the virus by braving the crowds at your favorite place to walk. It will be there when we're on the other side of this.