



**OUTDOOR
OUTREACH**

10

PRINCIPLES OF GETTING OUTSIDE RESPONSIBLY during the COVID-19 outbreak

During the COVID-19 outbreak we must do everything we can to protect one another, especially those most vulnerable to the virus. Outdoor Outreach encourages our community to get outside responsibly. Bottom line, we must all know and follow the official public health guidelines and do our part to stop the spread. Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for more information.

- 1 DOUBLE-CHECK YOURSELF.** If you have any current symptoms, don't go into public spaces unless you have to.
- 2 KNOW THE RULES.** Check local public health guidelines to ensure that the area you are going to is open to the public and appropriate for the activity you want to do.
- 3 LIMIT YOUR IMPACT.** Choose less frequented parks and trails. Bring everything you need with you and pack out all your trash.
- 4 EXPECT CLOSURES.** Prepare for restroom and parking lot closures and a lack of running water. Not all trails and beaches will be open for activities.
- 5 STAY LOCAL.** Don't travel far from home. This is the time to appreciate nearby nature.
- 6 STICK WITH YOUR HOUSEHOLD.** If you don't live together, don't go outside together.
- 7 PRACTICE PHYSICAL DISTANCING.** Avoid crowded areas. Stay 6-feet away from anyone that you don't live with and wear a face covering.
- 8 KNOW YOUR LIMITS.** Stick to activities that limit your chances of injury and need for healthcare services.
- 9 BE KIND.** A smile and wave can mean a lot. Help others enjoy the outdoors responsibly by sharing the 10 Principles of Responsible Outdoor Recreation.
- 10 ENJOY YOUR 'HERE AND NOW' MOMENT.** Breathe deeply and connect to the sounds, smells, colors, and movement of nature. Encourage your friends and family to find their moment.

Follow Outdoor Outreach for updates on getting outside *responsibly* during the COVID-19 outbreak:

 @outdooroutreach

 /outdooroutreach

 @outdooroutreach