

## Getting Outside During COVID-19: Safety Reminders from Farrington Nature Linc

Getting all the benefits of the outdoors is more important than ever while folks are stuck at home during COVID-19. Sunshine, fresh air, and the beauty of nature make a big difference for your physical and mental health. However, **we must also practice safe habits, even when going outside.** The following outdoor safety reminders mirror those recommended by the CDC (Center for Disease Control):

- Use social distancing by staying at least 6 feet apart from anyone you see outdoors, other than members of your household.
- Be careful of surfaces that others have touched, such as park gates, benches, and fences. Bring hand sanitizer with you and use it after touching surfaces. Or, wipe surfaces down before touching them, or wear gloves. As soon as you get home, wash your hands with soap for 20 seconds.
- Most cities have closed playground equipment. If that's the case where you live, stay off of the playground. Most fields and walking paths are still open.
- If you sat on a park bench, or your clothing otherwise touched a common surface, put your clothing in the laundry basket as soon as you get home, before touching anything else. Once you wash your clothes, they will be safer to wear again.
- Use the bathroom at home instead of public bathrooms at parks, if there are any.