

# Get Outside. Stay Safe. Be Well.

*Time spent outdoors being physically active keeps your mind and body healthy.  
Follow these recommendations to keep yourself and others safe.*



**Feeling sick? Please stay home.  
Have a cough or fever? Call your doctor.**



**Physical distance 6 feet from others.**

Maintain a safe distance from others not in your household. Smile and wave hello, but respect others' space.



**Ride solo or only with other members of your household.**

Ride solo, but let others know of your plans, your route, and when you'll be back.



**Avoid congregating.**

Maintain a safe distance at access points. Allow others to leave before entering a crowded area.



**Wash your hands often and thoroughly.**

Wash for 20 seconds with soap and water or use hand sanitizer after touching shared surfaces and before you touch your face.



**Pack it out. Leave no trace.**

Be respectful of nature. Please take your trash with you if receptacles are unavailable or full.