

Social Distancing

Please talk with your children about the guidelines for social distancing. This is about stopping the spread of the virus and keeping ourselves healthy in an effort to protect the elderly, the very young, and people who have serious underlying medical conditions.

Because of these guidelines we are recommending that you **do not use the playground and avoid games that require close contact or the sharing of equipment with people outside of your immediate family.**

Everyone must:

- Avoid close contact with people, even when outside. Keep a distance of at least 6 feet to help slow the spread of COVID-19.
- Avoid **games and activities that require close contact.**
- Avoid frequently touched surfaces and objects. This includes **playground equipment like slides and swings.**
- Don't share equipment such as **bicycles, helmets, balls or frisbees.**
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough and sneezes with a tissue and discard the tissue in a closed container.
- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol:
 - when you return indoors,
 - before and after eating,
 - after using the restroom,
 - after coughing or sneezing, and
 - after touching surfaces or items that may be contaminated.

So what can I do?

Getting outdoors to walk, jog, hike, garden, ride a bicycle or visit a park are healthy ways to stay active, spend time with your family, and reduce stress and anxiety while engaging in social distancing strategies. However, the above guidelines need to be followed.