



Public Health Emergency Response

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### **COVID-19 Guidance for outdoor activities**

Missoula City-County Health Department recommends people keep their physical activity as close to normal as possible. Physical activity is an important part of maintaining a healthy lifestyle. For many people, spending time exercising outside will help improve physical and mental health. It is important that everyone who recreates out-of-doors maintain social distancing practices, practice good hand hygiene, and understand outdoor equipment, such as playground equipment, is not being disinfected.

Facts to consider when recreating outdoors:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
- Playground equipment, picnic tables, etc. are not disinfected.

Who is at higher risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

**If you exercise or recreate out-of-doors:**

- Maintain social distancing practices – stay at least six feet away from other people. Do not recreate in crowded areas.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. This take on added importance if you will be touching surfaces in a public area such as a park or playground.
- Do not touch your face with unwashed hands.
- Sneeze or cough into a tissue, or the inside of your elbow.
- **If you are sick**, stay at home.

- **If you are an older person or a person with a serious underlying health condition** this is especially important.

Coronavirus Disease (aka COVID-19) is rapidly changing and so does the information available. To stay informed and up-to-date please visit the Missoula Public Health City-County Health Department website at <http://missoula.co/cvirus> or the Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> for the latest information.