



**Public Health Emergency Response**

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## Recreation Guidance for COVID-19

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COVID-19, or novel coronavirus, is a respiratory virus that spreads primarily through person-to-person contact via droplets. Physical activity helps support a healthy body, but it's still important to think about ways to protect yourself and others from exposure.

Just because you are outside doesn't mean that you cannot get COVID-19.

- Don't meet up to recreate in groups. Go solo or with a member of your immediate household. If you recreate with friends, maintain social distancing.
- Provide at least six feet between you and other people. The more space, the better.
- If you have been quarantined for travel or exposure do not recreate.
- If you have been asked to isolate for illness, do not recreate until released from isolation by a public health nurse.
- If you have symptoms of COVID-19 like fever, coughing, or difficulty breathing, don't recreate. Instead, contact a screening center for testing.
- Avoid trails and areas that are crowded. If the parking lot is full or there are a lot of people on the trail, go to a different rec area or wait until the area is less busy.
- Please obey leash laws.
- Follow additional guidance from Parks and Recreation, State Parks, or the Forest Service.
  - If an area is closed, respect that and find another location.
  - For the safety of parks employees, some services may be limited.
    - Do not leave garbage behind. Clean up after you pet. Pack it in, pack it out.
    - Remember that restrooms may be unavailable, and that there may not be places to wash hands. Come prepared with a way to clean up or sanitize before you touch.
  - If a direction of traffic on a trail is specified, follow it.
- This goes for kids and the young crowd too. Just because you are young and healthy, doesn't mean you cannot get COVID-19. Social distancing is still required.
  - You can shoot hoops solo, but don't go play group sports in the park.
  - Postpone playdates with kids outside of your immediate household.