

VISITING PARKS AND PLAYGROUNDS: PROTECTING YOURSELF AND OTHERS FROM COVID-19

Staying physically active is a good way to keep healthy, but only if you are able to follow social distancing and other preventive measures when doing so:

- All children should be accompanied by an adult.
- Stay at least 6 feet away from others (“social distancing”).
- Avoid large gatherings of more than 10 people.
- Wash hands or use disinfectant wipes or hand sanitizer (bring your own with you) before and immediately after visiting the park or using the playground.
- Stay home if you are sick.
- Consider wearing a face covering.
- Come prepared – consider bringing your own water bottle.



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**