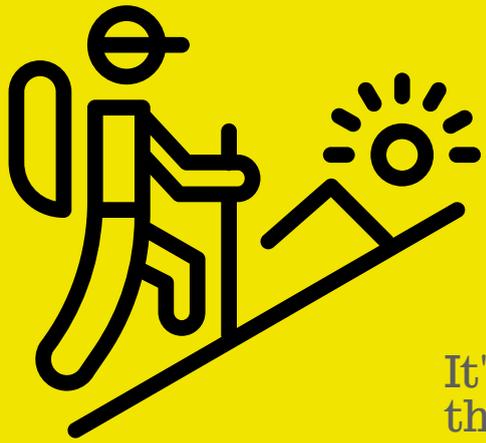




covid-19

SUMMER ACTIVITY GUIDE

Lincoln County Health Department



Summer Fun

It's summer and time to go outside! As you consider your plans for the summer, the keys to COVID-free summer fun are:

- Keep a mask with your outdoor gear in case you find yourself in an area with more people than anticipated.
- Outside is lower risk than inside.
- Small gatherings are lower risk than large gatherings.
- Stay at least six feet away from other people as much as possible.
- Wash your hands, and keep a bottle of hand sanitizer within easy reach. A good place would be next to the sunscreen and bug spray!



Let's think about how these apply to common summer-time activities...



PICNICS

A small backyard BBQ with another family with the blankets or lawn chairs placed six feet apart is a relatively low risk summer activity. It is lower risk than a neighborhood putluck with a lot of people, and it is lower risk than having friends over for a sit down dinner inside your house. Everybody wash your hands before you eat!





CAMPING

Well, if you're going to go backpacking in the wilderness, far away from everyone else, you don't have much to worry about COVID-wise. There's still, you know, bears.

If you will be in a campground, find one that provides lots of space for each campsite so you have lots of room to spread out. When you use the facilities, put your cloth face covering on, and try not to touch anything after you have washed your hands until you get back to your campsite. Always call ahead to make sure the campground is open, if you don't already have reservations.



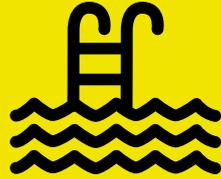


PLAYGROUNDS

You will know when local parks and playgrounds are open when they are no longer roped off by the city's parks department. The trick will be making sure your kids are staying about six feet away from other kids. The hazard is close contact, not the surfaces of the playgrounds equipment. Assess how crowded the playground is and if they can safely distance, let the kids slide and climb and swing. Make sure you have a ball or frisbee they can play with or bikes to ride if it's too crowded on the playground.

Don't forget hand sanitizer before and after playing!





WATER ACTIVITIES

The virus that causes COVID-19 is not known to spread through water. So, the hazard of community pools is the potential close contact with other people. Kayaking or swimming outdoors with fewer people around (but never alone!) is a low risk activity. Sprinklers and water balloons are a great household activity, but if you invite others to join the fun, be sure everyone is staying at least six feet away from each other.





PRACTICE COMPASSION

Everyone's risk tolerance is different. Lincoln County is in Phase 3 and small gatherings of 50 or fewer people are permitted, but that doesn't mean everyone is ready! Be patient with your friends or family who need or want to limit contact or stay home, stay healthy a bit longer.

