HOW TO HIKE SAFELY

Do not gather in groups or hike with friends or family outside your immediate household.

Do not share communal food or water.

Wash your hands for 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.

Plan ahead. Not all public trails are open. Check before you go.

Wear your face covering.

Stay at least 6 feet apart from others who are not members of your household, especially when passing people you are not hiking with. If you can't safely maintain physical distance, choose a different trail.

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