



Lincoln County Health Department

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Tips to Enjoy the Outdoors and Avoid the Spread of COVID-19

With summer on the way, we are all looking forward to enjoying the beautiful Wisconsin weather in the upcoming months. However, we have not experienced what that would be like with COVID-19 being a continued health threat to our community. Spending time outdoors is essential to the health and well-being of Lincoln County residents. As of May 1st, most public campgrounds, parks, and trails will be open for residents to enjoy. Physical distancing measures and proper hygiene are vital to stop COVID-19 from spreading in Lincoln County.

Follow the tips to best protect our community from COVID-19:

DO

- Visit parks close to your home.
- Contact the business or check the website or mobile app so you know if campgrounds and parks are open as well as what services are available.
- If you're using shared equipment (such as between you and a family member, or at a park that rents kayaks or bikes, or business), wipe it down before and after use or talk to the business about their cleaning and disinfecting process between renters.
- When camping only camp with members of your household.
- Before you go to a park or campground, make sure you've packed water and snacks to avoid having to stop at the store.
- Wash your hands with soap and water for at least 20 seconds before and after your activity and after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available.
- While running, walking or biking, maintain a distance of at least six feet between yourself and others.
- If you plan to go hiking, choose a less popular trail -- one that isn't used as often and where you avoid the possibility of running into crowds.
- Leave the area if you can not maintain 6 feet distance from others.
- Go straight home after your activity. The less time you spend away from your home, the less likely you are to spread COVID-19.
- Be mindful about the surfaces you touch when you're out. For instance, use your elbow to touch crosswalk buttons instead of your hand.

Our mission: Providing services to residents promoting optimal health and safety through prevention, protection, and intervention.

- Follow CDC's recommendations on use of cloth face masks and continue to use the strong defenses above.

DON'T

- Visit public areas if you are sick or were recently exposed to COVID-19.
- Touch the cap of your water bottle with dirty hands. If you happen to do so, take the time to clean your water bottle.
- Do not gather in groups.
- Try not to use public restrooms and don't touch your face once you're out and about.
- Use exercise as an excuse to ignore physical distancing standards.
- Visit crowded parks.
- Go to parks during peak times. Although many of our schedules look different right now, people may still congregate in parks during certain times.
- Put yourself or other's at risk by ignoring the advice of health professionals.

Remember, we're still in a Safe at Home Order and you still need to practice social distancing, even outside. Viruses like COVID-19 need a host to live and have no goals except to quickly make copies of itself and then spread to the next person (host). This virus is really good at it's job by spreading from person to person. Check out more information about outdoors and COVID-19 here [Wisconsin DNR Parks and Recreation](#). By staying Safer at Home, the people of Wisconsin are taking the steps needed to make a difference during this pandemic. Safer at Home is working, and it is saving lives.

This is a rapidly evolving situation. If you have questions or immediate needs related to COVID-19, call 211 or text COVID-19 to 211-211. If you are feeling overwhelmed by COVID-19 and need support, contact the SAMHSA Disaster Helpline at 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. This hotline is at no cost and available 24/7. For the latest information, visit Lincoln County Health Department's website at <https://co.lincoln.wi.us/covid19> or follow us on Facebook.

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