



HOW TO HIKE SAFELY

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



Plan ahead.

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

Do not share
communal food or water.



Wear your face covering.

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



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.