

Be Covid Safe When Visiting Local Parks

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Going outside is especially important during the time of Covid quarantines and social distancing. It has been reported in publications such as the one in [Nature](#) that favorable conditions of viruses such as Covid19 include indoor spaces where people will congregate without proper ventilation. When it is feasible to head to the park this winter, people should take advantage of the open air environment and the health boost a bit of nature can offer. Here are some tips to ensure your next trek to the park is a safe one.

According to the [CDC](#) it is not recommended to travel long distances to get to a park. The conditions involved in traveling could actually promote the spread of the virus, through pit stops and other interchanges with people along the way. Before you head to your local destination:

- Make sure to wear your mask if you are not a person who is exempt from the practice. Wearing a mask will help in areas where you may come in contact with others within 6 feet in passing. It is not recommended that you go to an area that is already congested with people, in that case it is best to find another less crowded location.
- Hand washing and hand sanitizing are more important than ever in the case of visiting a park. If you are touching things like playground equipment, bathroom doors, or railings, you will want to wash your hands or sanitize them immediately after.
- The best way to ensure that the park you are planning on visiting is open to the public and to be aware of certain amenities being closed to the public is to call ahead. You can visit the national, state, or local park website to get up to date information.

Heading to the playgrounds and parks in your area is recommended this winter for reasons related to the pandemic, but the act of visiting a park and getting out in nature is a win, win. According to an article in [REI](#), getting about 120 minutes of nature a week can also help you relax, boost creativity and promote heart health.



Sources:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>
- <https://outdoorindustry.org/covid-19-resources-outdoor-industry/power-outdoors-covid-19/>
- <https://www.nature.com/articles/d41586-020-02972-4>