

## Coronavirus Guidance for Playgrounds, Parks and Trails

April 12, 2020

If you or your family are planning to spend time outdoors, the following precautions are required:

- Follow Public Health advice, including regular hand washing with soap and water with at least 20 seconds, not touching your eyes, nose or mouth, coughing/sneezing into their elbow or a tissue, and throwing tissues away after use. For additional details, visit the Protect Yourself and Others page at [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus).
- If you choose to wear a cloth mask, remember that it does not replace other measures such as handwashing and physical distancing. Refer to the Frequently Asked at [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus) for more information on wearing a mask.
- Wearing your gloves and mittens outdoors will not prevent or protect against spreading the virus. You must still follow other steps such as washing your hands and avoiding touching your face.
- It is safe to be on your front porch, deck or in your backyard if there is a distance of at least 2 meters distance from your neighbours.
- Children should not be permitted to use playgrounds. Many children will find it hard to avoid touching their eyes, nose or mouth, even if instructed not to. This can lead to spreading the virus to equipment, to each other, and to their families.
- Walking with a friend and not maintaining an adequate distance apart puts you and both of your families at risk.
- Most trails and paths are not wide enough to allow adequate distance from others. You should not go for a walk unless it is in a location that ensures you can maintain a distance of at least 2 meters from others.
- Use of public washrooms at parks, trails and playgrounds can also put you and your family at risk.
- For more resources to help keep you and your family safe, please visit [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)