

Sample COVID-19 Talking Points

March, 20, 2020

- If you have coronavirus (COVID-19) symptoms, do not visit a park until you are well
- Follow Centers for Disease Control and Prevention's (CDC) guidance on personal hygiene prior to, during, and after use of parks or trails
- Wash hands/sanitize before and after visiting parks
- Follow CDC's recommendation on social gatherings of 10 or fewer when visiting a park
- At all times, adults and children should maintain proper physical social distancing of no less than six feet. Warn people of your presence/be alert
- Stay off playground equipment, avoid touching handrails and other surfaces where the virus can live for extended periods
- Be prepared for limited or no amenities such as public restrooms
- Anecdotally, through personal visits to the park, media reports, and social media metrics, park usage has been high. People appear to be finding respite and comfort in the parks during this global health crisis
- Parks are allowing communities to cope, to connect (even with social distancing protocols in place), to enjoy the coming of spring and all that it means for our outlooks and dispositions, to enjoy the natural health benefits of parks, to appreciate what we have and what we have temporarily lost, to find gratitude in things we may have taken for granted
- Parents with young children can lean on parks in multiple ways — as a classroom, a recreational area, a place of wonder and exploration, as a safe space
- Be deliberate about finding peace of mind in the parks. Practice mindfulness during visits
- Now's a great time for park users to try an activity they haven't before — learn about trees, bird watch, hike a new trail, fly a kite, etc.
- Activities we are promoting that engage community members with our parks but afford the opportunity to practice proper social distancing:
 - Embrace the Outdoors as Your Classroom
 - Walk Your Furry Friend
 - Hike Your Favorite Trail
 - Catch Up on that Reading List
 - Go Fly a Kite
 - Explore the Urban Forest

Basic Do's and Don'ts During Your Park Visit:

- Don't visit a park if you are ill
- Do take advantage of the 165 city parks when you can
- Don't share cell phones
- Do enjoy your surroundings
- Don't shake hands, hug, high five
- Do elbow bump or foot touch
- Don't spend time on playground equipment
- Do appreciate the joy that nature brings, even during the toughest of times

With so much taken away from us, parks remain. Parks are essential