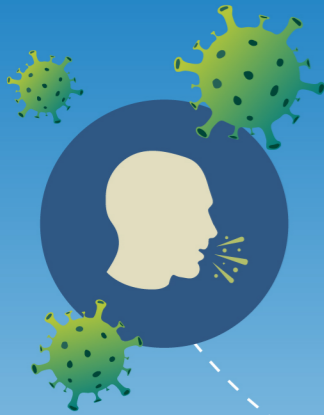


COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS



Do not use parks or trails if you are exhibiting symptoms.



Be prepared for limited access to public restrooms or water fountains.



Share the trail and warn other trail users of your presence and as you pass.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

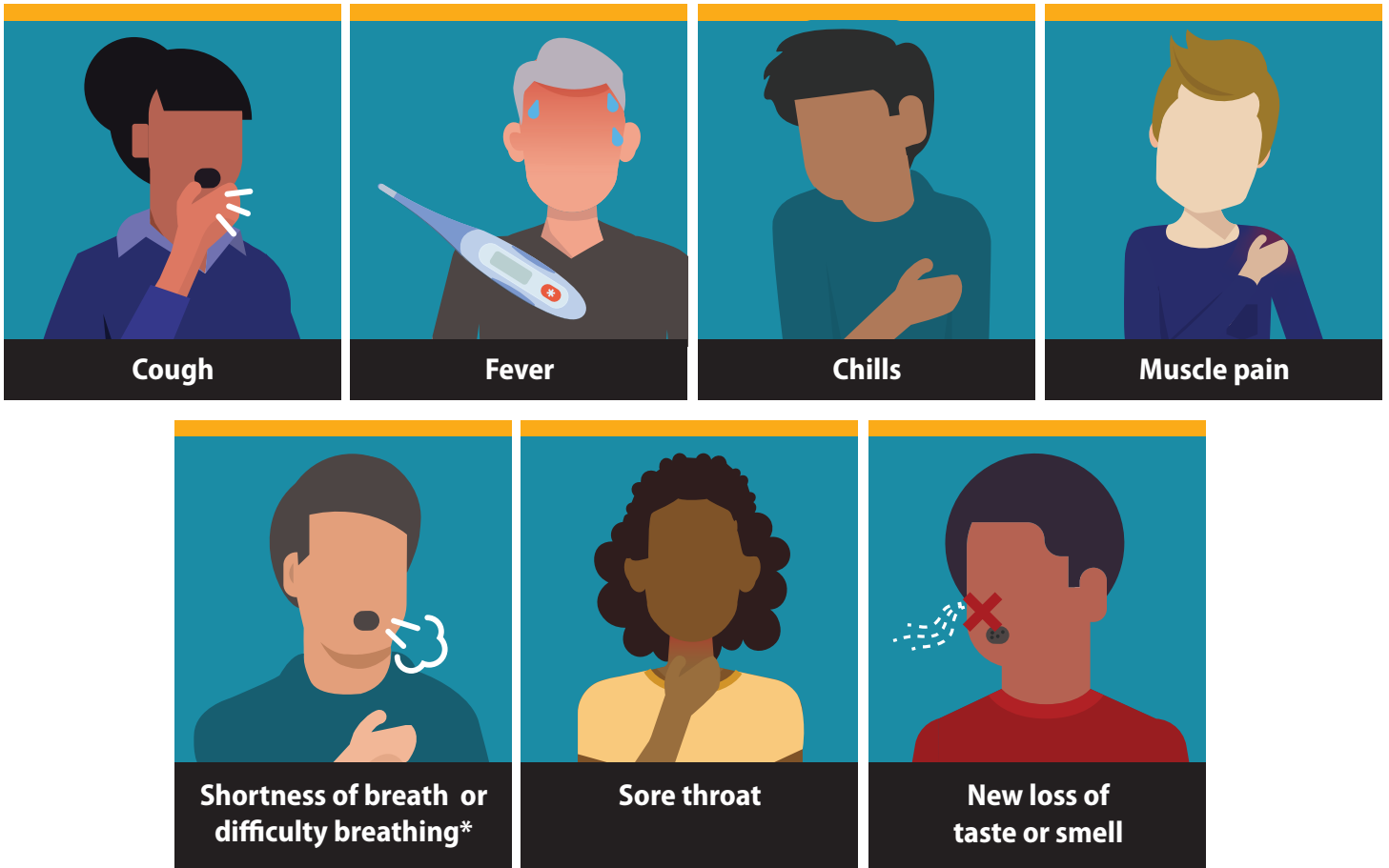
Observe CDC's minimum recommended physical distancing of 6' from other persons at all times.



NRPA National Recreation and Park Association
Because everyone deserves a great park

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

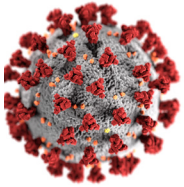
***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



COVID-19 Health and Safety Procedures

Jefferson Memorial Forest and Natural Areas Division of Louisville Metro Parks and Recreation

Help us prevent the spread of COVID-19

We are dedicated to your health and safety while enjoying our campground and park areas. We ask that you participate in these additional safety measures to keep all our campers and staff healthy. The following resources have also been included in this packet:

- Center for Disease Control (CDC) health and safety information
- National Parks and Recreation Association (NRPA) guidelines for safe social distancing in the outdoors

Sanitize to prevent spread of germs

There will be hand sanitizer available at all the shared contact spaces at our campground. We ask that you use sanitizer before using these amenities.

Entering and exiting the campground

There is a metal gate and lock that campers must open and close to enter the campground. We ask that before unlocking the gate you use hand sanitizer located next to the gate.

Practice safe social distancing

We have limited the number of campers that can be at each site, however in shared spaces such as water sources, restroom access, and trail heads we ask that you practice social distancing. If you are in a space and unable to stay six feet away, please wear a face covering.