

summer  
2020



COVID-19 safety guidelines for  
**Parks & Natural Waterways**

Enjoy Your Summer Safely

*Missouri has many outdoor spaces that you and your family can enjoy while taking steps to stop the spread of COVID-19. If you follow the guidance below, enjoying these areas can be low-risk.*



**Practice Physical Distancing**

Look for outdoor recreation spots that are less crowded so you can easily practice physical distancing. While there is no evidence that COVID-19 can spread through water, continue practicing physical distancing both in and out of the water to be safe.



**Pack Your Summer Safety Kit**

Before you go out, pack your summer safety kit with hand sanitizer, disinfecting wipes, tissues, a clean face mask, and a bag to keep your mask dry. Don't forget to pack your usual summer safety items like bug spray, sunscreen, and plenty of water.



**Keep Your Hands Clean**

Wash your hands often – especially before eating or drinking and after being in bodies of water – and avoid touching your face.



**Know Before You Go**

Plan ahead so you can focus on having fun. Check the park's website for adjusted hours, crowd size limits, and other helpful information.

**For more information on COVID-19 in Missouri and what you can do to stop this pread, visit [oneforallmo.com](https://oneforallmo.com) or contact your local public health experts.**

