

Coronavirus Guidance for Playgrounds, Parks and Trails

March 20, 2020

You can allow your children to play outdoors at this time if you follow these precautions:

- Talk to your children in a reassuring way about what they can do to [help keep themselves and others healthy](#), including regular [hand washing](#) for soap and water with at least 20 seconds, not touching their eyes, nose or mouth, coughing/sneezing into their elbow or a tissue, and throwing tissues away after use.
- You can go for a walk on trails or in parks if it's not crowded and you're able to maintain a distance of at least 2 meters from other families.
- Playgrounds should not be used if crowded. Playground equipment could pose a risk, especially because some children will find it hard to avoid touching their eyes, nose or mouth, even if instructed not to.
- Children's hands should be washed before you head out and right after you return home. [Hand sanitizer](#) should be used if you're driving to a location and can't wash their hands immediately before or after the activity. This should be done regardless of whether your child was wearing gloves or mittens.
- Avoid using public washrooms and if that's not possible, wipe down surfaces with sanitizer wipes before and after using.