

Tips for staying safe while playing in the spring and summer months

- Bring snacks and water.
- Always wear (and reapply!) a broad spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. Sun damage occurs even on cloudy days!
- Wear a wide-brimmed hat and sunglasses while outdoors.
- Sun rays are the strongest from 10-4pm, so remember to seek shade. Trees can provide relief from the sun!



Tips for staying healthy while visiting a park

- Practice physical distancing by keeping 6 ft between you and others and wear a face covering when you cannot.
- Running, biking, hiking and walking are safe activities you can still do at your park—as long as you physical distance!
- Do not visit a park if you are not feeling well.
- Wash your hands before and after visiting parks and trails. Try to avoid touching handrails and other surfaces.
- Prepare for limited access to park buildings and restrooms.
- Pay attention to the state rating system for COVID-19 to find out what facilities may open during the summer.

Citiparks Summer Food Service Program

The Summer Food Service program provides breakfast, lunch and/or snacks to children throughout the summer at nearly 80 city locations.

For the complete Summer Food Service program and Mobile Food Truck schedule, visit:

<http://pittsburghpa.gov/citiparks/summer-food-service-program>



Parks Rx Anywhere!

Can't make it to the park? Check out this "Park Page" that can be done in any outdoor space (even your own backyard!):

<https://cdn2.hubspot.net/hubfs/415693/ParksRxAnywhere2020.pdf>

Information about local parks & programs

Pittsburgh Parks Conservancy: www.pittsburghparks.org

Citiparks: www.pittsburghpa.gov/citiparks

Allegheny County Parks: www.alleghenycounty.us/parks

Water play at home

Even though pools and spray parks are closed, you can still stay cool at home! Try:

- Sliding down a slip n' slide— buy one from a store or make your own!
- Have a water balloon toss
- Try water limbo with the garden hose
- Stay cool in a kiddie pool



Parks Rx spring activity idea

Choose a park or greenspace in your neighborhood and visit once a week. What changes do you see? New birds? New plants?



Summer reading ideas

Relax outdoors with a book about parks and nature! All titles on the list can be borrowed from the Carnegie Library of Pittsburgh system.

https://cdn2.hubspot.net/hubfs/415693/Nature%20and%20Parks_Recommended%20Book%20list.pdf

For more tips like these, text **ParksRx** to **1-866-216-7543**. Standard data and text charges may apply. Text STOP to unsubscribe.

COVID-19: Continue exercising in Pittsburgh's parks using physical distancing and facemasks

Per the Governor, wear a facemask when in public. Do not use parks or trails if you are exhibiting symptoms.

Be prepared for limited access to park facilities, including restrooms during the pandemic.

Refrain from scheduling play dates. City playgrounds are currently closed.

Follow the CDC's guidance on personal hygiene. Ensure that you are washing your hands before and after visiting parks and trails.

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

Remember to avoid touching handrails and other surfaces you may encounter during your visit.



Safely Enjoy Nature



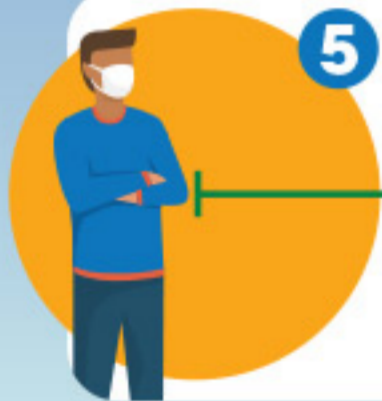
1

**Wash your hands
before leaving home**



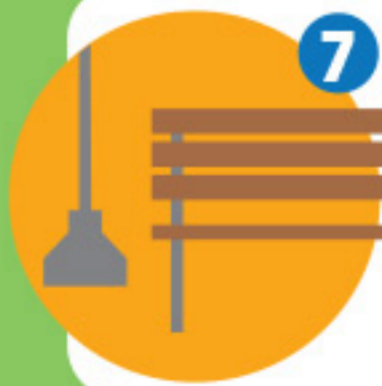
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**Think about how you
will adjust your plan
if the park is busy
when you arrive**



5

**Stay at
least 6 - 8'
from others**



7

**Avoid touching
surfaces as you
explore your
favorite park**

**Park at a distance
from others**

2



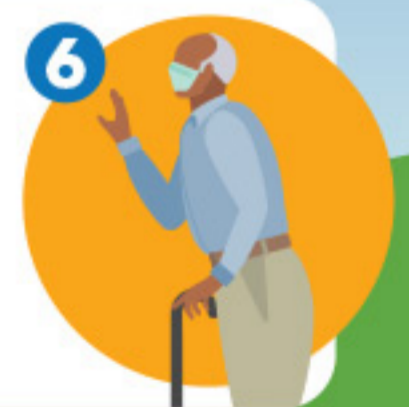
**Put on your mask
before you begin
your park visit**

4



**Greet fellow park
lovers with a wave**

6



**Don't forget to use
sanitizer and/or
wash your hands
when you get home**

8



**Pittsburgh
Parks
Conservancy**