GUIDELINES FOR RECREATING
BY DR. KORVER THE LASSEN COUNTY HEALTH OFFICER

April 16, 2020

While exercise and recreation are essential to personal health and wellbeing, Lassen County’s Public Health and law enforcement departments remind everyone to continue practicing protective measures whether you are enjoying the outdoors or are in town on an essential trip.. – Dr. Kenneth G. Korver, M.D. Public Health Officer

COURT SPORTS

Do’s:
• Avoid any activity with shared equipment
• Enjoy with small household groups

Don’ts
• Engage in high contact activities like basketball, tennis, and pickle ball

For more information call the COVID19 Call Center
530-251-8100

Lassen County Public Health
1445 Paul Bunyan Road
Susanville, CA 96130
530-251-8183
lassencares.org