



# GUIDELINES FOR RECREATING

## BY DR. KORVER THE LASSEN COUNTY HEALTH OFFICER

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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



Lassen County  
Public Health 



## GENERAL RESTRICTIONS

### Do:

- Avoid other groups
- Enjoy individually or in small household groups.
- Exercise and recreate close to home
- Minimize contact with others
- Use good personal protective measures
- Wash your hands and use hand sanitizer often
- Maintain physical distancing of 6 feet

### Don't:

- Travel out of Lassen County
- Recreate in groups
- Gather in crowded areas like trailheads and parking lots

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

## LASSEN COUNTY PUBLIC HEALTH

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