



HIKING, BIKING AND HORSEBACK RIDING

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



Lassen County Public Health 



Do:

- Allow passing at a safe distance
- Avoid crowded trailheads

Don't:

- If you meet someone on a trail, don't stop to talk

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

LASSEN COUNTY PUBLIC HEALTH

1445 Paul Bunyan Road
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530-251-8183

lassencares.org

