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

HIKING, BIKING AND HORSEBACK RIDING

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

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