



Visiting Parks & Recreational Facilities

Protect Yourself and Others from COVID-19



Do: Visit parks that are close to your home. Traveling long distances to visit a park may contribute to the spread of COVID-19. Travel may require you to stop along the way or be in close contact with others with whom you may not otherwise have contact. Travel may also expose you to surfaces contaminated with SARS-CoV-2, the virus that causes COVID-19.

Do: Check with the park or recreation area in advance to prepare safely.

The federal or State and local authorities will decide whether parks and other recreational facilities will open. Check with the park in advance to be sure you know which areas or services are open, such as visitors' centers, bathroom facilities, and concessions, and bring what you need with you, such as hand sanitizer or other supplies to maintain proper hygiene.

State and local authorities

will decide whether swim areas at oceans, lakes, and other natural bodies of water will be open. Please check with individual beaches for specific details, including whether the water is open for swimming.

Do: Stay at least 6 feet away from people you don't live with ("social distancing") and take other steps to prevent COVID-19. When visiting parks, beaches, or recreational facilities open for public use, follow these actions: Stay at least 6 feet from others at all times. This might make some open areas, trails, and paths better to use than others. Do not go into a crowded area. Avoid gathering with people you don't live with. Face coverings are most essential in times when social distancing is difficult. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, can't move, or otherwise unable to remove the mask without assistance. Wash

hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Adults and older children who can safely use hand sanitizer: Use hand sanitizer that contains at least 60% alcohol and rub hands together until dry, if soap and water are not readily available.

Do: Carefully consider use of playgrounds, and help children follow guidelines. In communities where there is ongoing spread of COVID-19, playgrounds can be hard to keep safe because they are often crowded and could make social distancing difficult. It can be difficult to keep surfaces clean and disinfected. SARS-CoV-2, the virus that causes COVID-19, can spread when young children touch contaminated objects, and then touch their eyes, nose, or mouth.

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How to schedule a visit:

1. Register your Teladoc account via web or app or log in if you're already registered
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Member Cost

- Psychiatrist (initial visit): \$10
- Psychiatrist (ongoing visit): \$10
- Psychologist, licensed clinical social worker, counselor or therapist: \$10

Pine Plan Cost

- Psychiatrist (initial visit): \$180
- Psychiatrist (ongoing visit): \$80
- Psychologist, licensed clinical social worker, counselor or therapist: \$70

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Do: Play it safe around and in swimming pools, hot tubs, and water playgrounds,

and keep space between yourself and others. Evidence suggests that COVID-19 cannot be spread to humans through most recreational water. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate SARS-CoV-2, the virus that causes COVID-19.

Swimming and other water-related activities are excellent ways to get the physical activity needed for a healthy life. Taking steps to reduce the spread of COVID-19 is one way you can play it safe in and

around swimming pools, hot tubs, and water playgrounds. Don't visit a swimming pool if you are sick with, tested positive for, or were recently exposed to COVID-19.

Don't: Visit parks if you are sick with, tested positive for COVID-19, or were recently (within 14 days) exposed to COVID-19. If you are sick with or tested positive for COVID-19, were recently exposed (within 14 days) to someone with COVID-19, or just don't feel well, do not visit public areas including parks or recreational facilities.

Don't: Visit crowded parks. Do not visit parks where you cannot stay at least 6 feet away from people you don't live with.

Employee Assistance Program

The **Employee Assistance Program** offers services to help promote well-being and enhance the quality of life for you and your family. Support and guidance is available online for assistance with family and personal issues at ibhworklife.com and by phone at 1-800-386-7055.

- + You have unlimited access to support and helpful resources on our website, and you can consult with a professional counselor via telephone.
- + Face-to-face counseling sessions with an IBH network provider — and up to three sessions are free of charge as part of WorkLifeMatters.
- + Free initial 30-minute consultation with an attorney, with a 25% discount on attorney services thereafter.
- + Unlimited telephonic support for financial problems or planning needs, and referral for face-to-face for more complex issues are provided for a fee.

Blue Shield 24/7 Nurse Line: 1-877-304-0504

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