

It's Time to Get Back Outside and Play!

Simple Tips for Parents

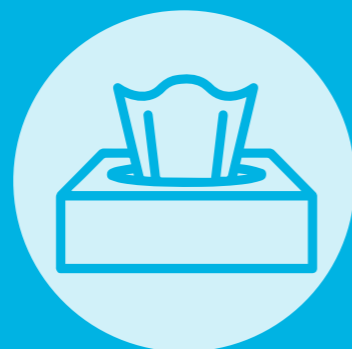
We have been waiting during the COVID-19 pandemic to get outside to explore our parks and playgrounds. As playgrounds are being reopened, we have gathered these suggestions to guide parents as their children return to playing and having fun outside.

Keep Hands Clean and Practice Good Hygiene

Always use a mask or nose/mouth covering when outdoors and/or in public settings (this currently applies to those age 2 and up).



Do not cough or sneeze into your mask. Instead, make sure to cover coughs and sneezes with a tissue (and throw it away afterward), or if not available, cough or sneeze into your elbow.



If soap and water aren't available, use alcohol-based hand sanitizer (with at least 70 percent alcohol), maintaining parental supervision during use.



Wash your hands completely, vigorously and frequently with soap and water for at least 20 seconds, including before and after playing on the playground and before and after wearing your mask (and after blowing your nose, coughing, sneezing or going to the bathroom).



Avoid touching your face.

To learn more, visit voiceofplay.org.

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Stay Home if You Don't Feel Well



If you or your child are feeling sick, including showing symptoms of coronavirus or the flu (or you have been in contact with someone who was sick or showing symptoms), stay home and contact your doctor. Don't put others at risk. Continue to slow the spread.



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Ensure That Your Playground Is Safety Standard Compliant



Visit voiceofplay.org/playground-safety for the top 10 playground safety questions everyone should ask before letting their children play.

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Make Sure Park and Play Equipment Is Clean

Make sure that the playground is being cleaned and that management is following the CDC's guidelines for cleaning and disinfecting park and play equipment.



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Keep a Safe Distance and Avoid Large Groups



As playgrounds open up again, it can be tempting to get back to usual play routines. Be mindful to continue to coach your children to stay six feet away from others, and set a good example by staying six feet away yourself. If the playground gets too crowded, come back another time.

Encourage children to use their imaginations and create games around staying at a safe distance!



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Stay Informed



Listen to the CDC by visiting [CDC.gov](https://www.cdc.gov) and [coronavirus.org](https://www.coronavirus.org) often for tips and up-to-date information. [KidsHealth.org](https://www.kidshealth.org) also has a number of resources.

To learn more, visit voiceofplay.org.