

How can I enjoy the outdoors safely?

The Agency of Natural Resources provides guidance for how Vermonters can get outside and enjoy the fresh air safely:

- Stay close to home. Stay in-state.
- Practice social distancing while outside.
- Wear a facemask when activities are not strenuous.
- Be cautious and choose low-risk activities to avoid injury. This will help lower the burden on our hospitals and health care system.
- Contact sports and games are discouraged.
- Organized sporting events and spectator events are not permitted at this time.

For more information on safe practices, visit the [Vermont Department of Forests, Parks and Recreation](#).