



# Playground Cautions

Many playgrounds are closed for the public. At this time we recommend avoiding going to playgrounds, as they aren't disinfected regularly and viruses may stay on the surface.

Want to get outside? Check out these tips:

- Wash your hands before you leave
- Wash your hands when you come home
- Wash your mittens afterwards
- Avoid touching your face
- Practice social distancing (2m away) while inside and outside
- Go with those in your household
- Head for a walk together- avoiding places where a lot of people may be
- Play in your yard
- Play games on a sports field

For other tips visit

[www.novascotia.ca/coronavirus/#protect](http://www.novascotia.ca/coronavirus/#protect)