

## COVID-19 Checklist for Visiting State Parks and Other Recreation Areas Protecting Against COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends outdoor activity to stay physically and mentally healthy during the length of the Stay at Home order. Take the following precautions to keep yourself and others safe.

- Do not visit parks if you are sick or were recently exposed to COVID-19.
- Visit parks that are close to your home, refraining from travel that requires you to stop along the way or be in close contact with others.
- Check with the park in advance to be sure you know which areas or services are open, such as bathroom facilities, and bring what you need with you.
- If a parking lot is full, move on. Do not park in grass or on roadways.
- 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. Bring hand sanitizer to use if soap and water are not available.
- Even when outdoors, stay at least 6 feet away from others (social distancing). Do not visit crowded parks or crowded areas where you cannot stay at least 6 feet away from others at all times.
- Do not gather in groups.
- Share trails. Warn others of your presence as you pass; step aside to let others pass.
- Do not use playgrounds, which have been ordered closed in Ohio.
- Do not participate in organized or group activities or sports.
- Review guidance from the [National Recreation and Park Association](#).

## Information on Ohio's state parks

- The Ohio Department of Natural Resources (ODNR) has closed all state park lodges, visitor centers, campgrounds, cabins, golf courses, restrooms, shower houses, playgrounds, picnic shelters, fire towers, APV areas, horse camps, and state park marina buildings at all ODNR properties. Additionally, all naturalist programs, hikes, and special events at ODNR properties are suspended through May 15.
- Most public outdoor spaces at Ohio state parks, wildlife areas, forests, and nature preserves — including trails, dog parks, docks, fishing piers, and boat ramps — **remain open**. Hocking Hills State Park is closed.
- Visitors must practice social distancing at all open facilities.
- State park restrooms are closed and visitors are asked to “carry in, carry out” all trash.
- For questions regarding local facilities and reservations, please contact the local state park office. Contact information is available at [ohiostateparks.gov](http://ohiostateparks.gov).
- To reschedule or cancel current reservations, or to make new reservations, visit [www.reserveohio.com](http://www.reserveohio.com) or call 866-644-6727.
- For the latest information on ODNR Operations during the coronavirus outbreak, visit <http://ohiodnr.gov/odnr-operations-during-coronavirus-outbreak>.
- Visit <https://www.nps.gov/state/oh/index.htm> for information on national parks in Ohio.

For additional information, visit [coronavirus.ohio.gov](http://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword “4HOPE” to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

### *Additional Resources:*

Ohio Department of Natural Resources: <http://ohiodnr.gov/>.

National Recreation and Park Association: <https://www.nrpa.org/>.

# CORONAVIRUS DISEASE 2019 Ohio

Department  
of Health

Protect yourself and others from  
COVID-19 by taking these precautions.

## PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



PRACTICE  
SOCIAL  
DISTANCING



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



WASH HANDS OFTEN  
WITH WATER AND SOAP  
( 20 SECONDS  
OR LONGER)



DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



COVER YOUR MOUTH  
WITH A TISSUE OR  
SLEEVE WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH WITH  
UNWASHED HANDS  
OR AFTER  
TOUCHING SURFACES



CLEAN AND DISINFECT  
"HIGH-TOUCH"  
SURFACES OFTEN



CALL BEFORE VISITING  
YOUR DOCTOR



PRACTICE GOOD  
HYGIENE HABITS

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)