

King County has shared some tips for staying safe outdoors as outdoor recreation starts to reopen. Outdoor recreation is great for our physical and mental health, but we need to continue to take precautions.

- **Pan ahead.** Be prepared to go somewhere else if your destination seems crowded. Add hand sanitizer and a mask or other face covering to your 10 Essentials.
- **Keep your distance.** Recreate with those in your household. Give others plenty of room, communicate who will step aside on the trail, and don't forget that trail etiquette gives hikers coming uphill the right of way.
- **Stay local.** Don't stray too far from home when recreating and keep rural communities safe by minimizing stops and bringing all that you'll need for your outing.
- **Play it safe.** Keep your activities within your comfort and skill level to reduce the risk of injury and adding to the strain on our health care and emergency services.
- **Leave no trace.** Take any garbage with you, including disposable face masks and gloves.