

Stay Active

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, and stay active.

Know before you go: While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

DO

Visit trails/parks that are close to your home.

Check with the park or recreation area in advance to prepare safely and to find out if the bathroom facilities are open and what services are available.

Stay at least 6 feet away from others you don't live with ("social distancing") and take other steps to prevent COVID-19.

Carefully consider use of playgrounds, and help children follow guidelines.

DON'T

Visit trails/parks if you are sick with, tested positive for COVID-19, or know you were recently exposed to COVID-19.

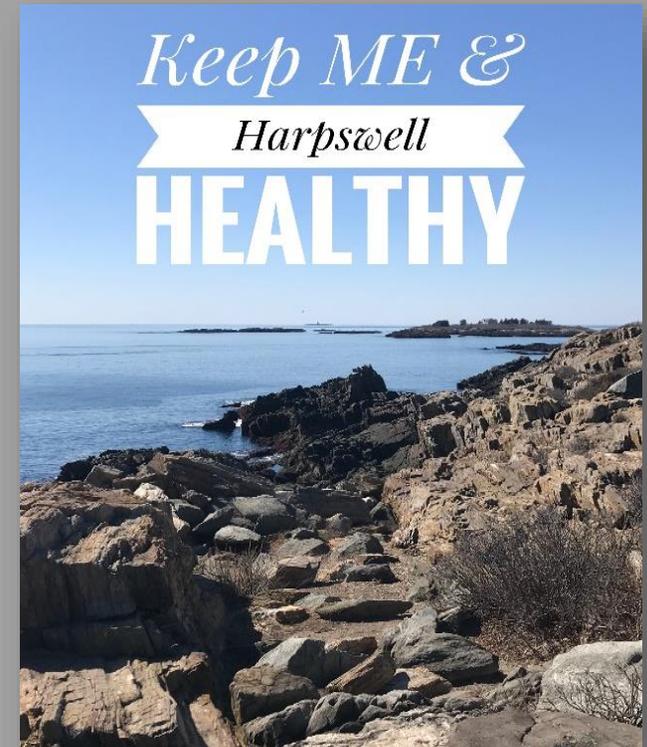
Visit crowded trails/parks.

FMI visit: www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/index.html

Harpswell Guide to Outdoor Recreation:
www.harpswell.maine.gov > Things to Do > Harpswell Guide



TOWN OF HARPSWELL



263 Mountain Road
Harpswell, Maine 04079

207-833-5771

harpswell.maine.gov



Take Every Precaution

Take simple steps to reduce the spread of COVID-19, such as:



Wear cloth face coverings in public settings where physical distancing is hard to maintain



Wash your hands frequently with soap and water for at least 20 seconds



Avoid close contact with people who are sick



Avoid touching your eyes, nose and mouth with unwashed hands



Stay home if you are sick

Quarantine



COVID-19 is still spreading across our Maine communities.

Maine is strongly urging visitors to “Know Before You

Go.” You should get tested within 72 hours prior to arrival in Maine. Visitors from some states are exempt. For the most up to date information please visit:

<https://www.maine.gov/covid19/>

Visitors from states that are not exempt must quarantine for up to 14 days or until a negative test result (or duration of stay if less than 14 days). Individuals may be tested upon arrival in Maine as well, but they must quarantine while awaiting the results.

For more information visit

www.maine.gov/dhhs/coronavirus-resources

Where to Get Tested



Call ahead to a health care professional if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing.

Tell your health care professional

about any recent contact with people infected with COVID-19.

If you are sick or would like to be tested for COVID-19 but do not have a primary care provider, you can visit an urgent care or walk-in facility for care and testing. Always call before you arrive to let them know you are coming.

Visit www.get-tested-covid19.org to find a testing site closest to your location.