

# STAYING SAFE



**Here are some things to keep in mind when exploring outside:**

- Stay home if you feel sick, if you have been in contact with anyone who has tested positive, or if you are under self-quarantine.
- Practice physical distancing and best hygiene practices when you see other people in nature.
- Bring your own mask, hat, snacks, water, sunscreen, and bug spray. Make sure to bring back any garbage you have so you can properly get rid of it at home.
- Tell someone where you are going and when you will be back.
- Watch wildlife from a safe distance and do not try to handle them.
- Do not pick any wildflowers or plants - please leave nature for everyone to enjoy.
- Wear long sleeves and long pants if walking in a wooded area. Learn more about tick safety: <https://www.ontarioparks.com/parkblog/how-to-protect-yourself-from-ticks/>