



## COURT SPORTS

# GUIDELINES FOR RECREATING

## BY DR. KORVER THE LASSEN COUNTY HEALTH OFFICER

April 16, 2020

While exercise and recreation are essential to personal health and wellbeing, Lassen County's Public Health and law enforcement departments remind everyone to continue practicing protective measures whether you are enjoying the outdoors or are in town on an essential trip.. – Dr. Kenneth G. Korver, M.D. Public Health Officer



Lassen County  
Public Health 



### Do's:

- Avoid any activity with shared equipment
- Enjoy with small household groups

### Don'ts

- Engage in high contact activities like basketball, tennis, and pickle ball

**For more information  
call the  
COVID19  
Call Center  
530-251-8100**

### LASSEN COUNTY PUBLIC HEALTH

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[lassencares.org](http://lassencares.org)

