



SNOW SPORTS

Do:

- Avoid other groups
- Enjoy individually or in small household groups.

Don't:

- Congregate at trailheads, picnic areas or parking areas
- If you meet someone on a trail, don't stop to talk

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 



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

LASSEN COUNTY PUBLIC HEALTH

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