

Report to **PARENTS**

Warmer Weather, Healthier Habits

As the weather gets warmer, activities move outside. Although being outdoors is less risky than being indoors, we are still fighting the spread of COVID-19. These strategies will help children and families build healthy habits before they head out to local playgrounds and parks or play on sports teams this spring.

Activities Move Outdoors

- Springtime's warmer weather calls for more outdoor activities! The U.S. Centers for Disease Control and Prevention notes that outdoor activities are less risky than indoor ones, where there are less ventilation and space. However, maintaining a distance of at least 6 feet, wearing a mask, and limiting the time you are spending with others are still recommended for all outdoor activities.
- **Where You Should Visit:** Visiting a park, a beach, or an outdoor recreational center is likely to be at the top of everyone's list of activities as the weather keeps getting warmer. To help prevent germ spread and limit overcrowding, it is recommended that you visit locations that are close to your home, and make sure to check any site-specific policies before traveling.

Playground Tips

- It can be difficult to ensure safety at playgrounds in communities where there is an elevated risk of spreading COVID-19, due to crowding and difficulty maintaining clean and disinfected surfaces. If you choose to visit a playground, maintaining a distance of at least 6 feet and handwashing before and after the visit are highly recommended.

Sports Tips

- If your child decides to play an outdoor sport, talk to the coach, and let them know you support measures to help slow the spread of COVID-19. Ask the coach to reduce physical



closeness between players in practice areas and on the sidelines, and pack extra masks in your child's sports bag in case one gets wet, dirty, or sweaty.

Handwashing Tips

- Washing your hands is highly recommended when playing outside, and it is especially important as we continue to fight the spread of COVID-19. Encourage handwashing after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Make sure your child is using soap and water and washing for at least 20 seconds.

Lysol Welcome Back Packs

- Teaching healthy habits at school will reinforce what children are learning at home! Encourage your child's school to use Lysol Welcome Back Packs this spring. These packs include fun and educational materials, posters, stickers, and more to support schools that are in-person learning. Welcome Back Packs are available to download and print at **Lysol.com/HERE**.