

EOC 3-30-20 Update

The Sun is shining and we would all like to be outside. Fresh air, sunshine and exercise are good for both the mind and body. We live in one of the most beautiful places on earth with plenty of open spaces to allow us to maintain good social (physical) distancing from each other.

We have received a lot of questions about the guidelines for recreating outside while sheltering in place.

Here are the basics:

You CAN go on a walk, hike, bike ride, boat, ski, snowmachine ride or other recreational activity- AS LONG AS:

- You are NOT in quarantine (if you are in quarantine, you can get fresh air in your yard/on your property, as long as you stay six feet from others outside your household -please stay home and not go out into the community because you could still come down with coronavirus).
- You are NOT exhibiting symptoms of illness.
- You are NOT in isolation per doctor's orders (either awaiting test results, confirmed positive, or have a household member who is confirmed positive)
- You maintain social (physical) distance of at least six feet from anyone outside your household.
- You do not travel to or pass through another community to reach your recreation site.
- Your activity does not promote congregation or touching frequently touched surfaces.

Remember, if you are headed outside to play, make sure you are prepared. Our weather is changing-- wear the right clothing and have safety gear. Tell someone where you are going and when to expect you back. Choose activities with low risk of injury to prevent placing additional burden on our local healthcare system. Bring enough food, water and supplies to last in case you get stuck. Have a working, fully charged communications device with you so you can call for help if needed.

And finally, remember one of the things that makes Haines so special-- we take care of each other. Please continue to shelter in place and make good decisions for the health and safety of you, your family and your community.

Staying home saves lives!