Follow CDC’s guidance on personal hygiene prior to heading to trails — wash hands, carry hand sanitizer, **do not use trails if you have symptoms**, cover your mouth and nose when coughing or sneezing, etc.

**Observe at all times CDC’s minimum recommended social distancing of six feet from other people.** Practice it and know what it looks like. Keep it as you walk, bike or hike.

Warn other trail users of your presence and as you pass to allow proper distance and step off trails to allow others to pass, keeping minimum recommended distances at all times.

Signal your presence with your voice, bell or horn.

Note that public restrooms in County parks are closed — be prepared before you leave and time outings so that you are not dependent on public restrooms.

Bring water or drinks.

Bring a suitable trash bag. **Leave no trash, take everything out to protect park workers**.

For general information about COVID-19, but NOT for screening/testing, call TJHD Hotline: 434-972-6261.

Scan this code to sign up for County Email Updates.