

DO'S AND DONT'S

How to enjoy the outdoors responsibly during the pandemic



1. Now is a good time for outdoor activities. Enjoy the outdoors, but always follow the regulations and guidelines from the authorities.

2. If you feel even a little bit ill or are recovering stay home!

3. Avoid social contacts. Go out by yourself or with your family members only.

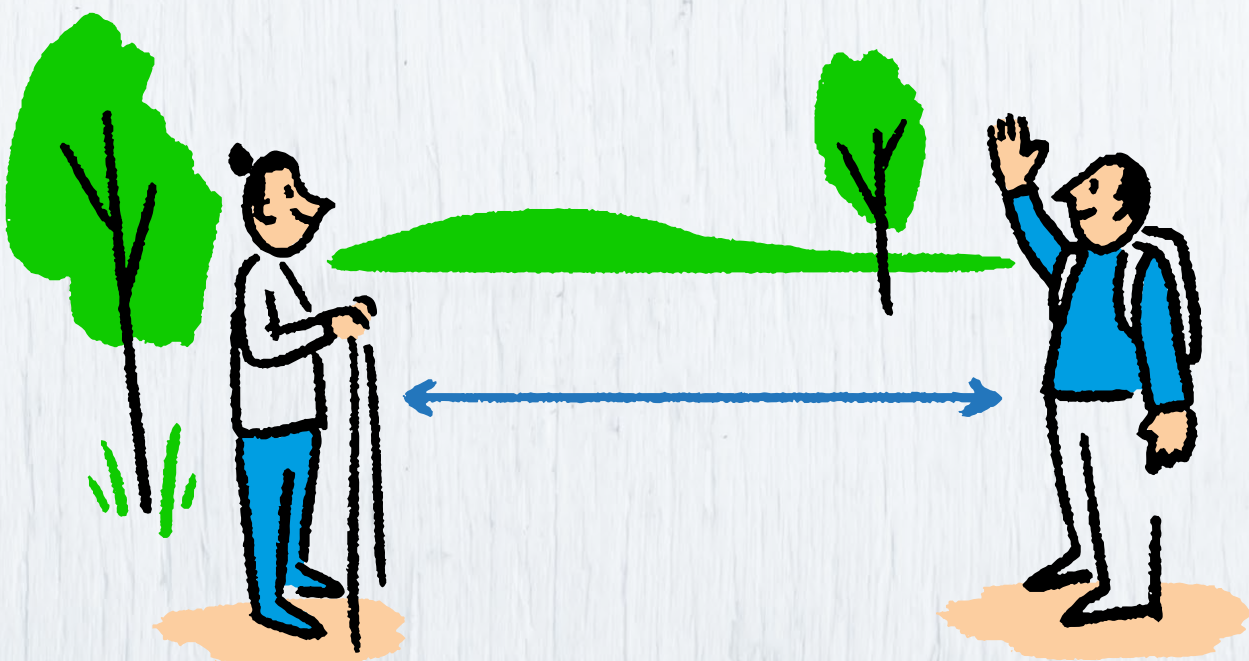
4. Prioritize ordinary forests and places close by. Stay out of the more popular destinations like national parks - leave those for future visits after the pandemic has passed.

5. Sneeze into a tissue even outside, don't spit or sneeze all over the place. Carry a trash bag with you.



6. Avoid busy areas like outdoor gyms and activity sites, children's play areas and lean-to shelters and fire pits.

7. Use gloves if you have to touch railings, door handles or similar on the way.



8. Leave at least 2 meters between you and others while passing by and greet them cheerfully!