

Tips for staying safe while playing in the spring and summer months

- Bring snacks and water.
- Always wear (and reapply!) a broad spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. Sun damage occurs even on cloudy days!
- Wear a wide-brimmed hat and sunglasses while outdoors.
- Sun rays are the strongest from 10-4pm, so remember to seek shade. Trees can provide relief from the sun!



Tips for staying healthy while visiting a park

- Practice physical distancing by keeping 6 ft between you and others and wear a face covering when you cannot.
- Running, biking, hiking and walking are safe activities you can still do at your park—as long as you physical distance!
- Do not visit a park if you are not feeling well.
- Wash your hands before and after visiting parks and trails. Try to avoid touching handrails and other surfaces.
- Prepare for limited access to park buildings and restrooms.
- Pay attention to the state rating system for COVID-19 to find out what facilities may open during the summer.

Citiparks Summer Food Service Program

The Summer Food Service program provides breakfast, lunch and/or snacks to children throughout the summer at nearly 80 city locations.

For the complete Summer Food Service program and Mobile Food Truck schedule, visit:

<http://pittsburghpa.gov/citiparks/summer-food-service-program>



Parks Rx Anywhere!

Can't make it to the park? Check out this "Park Page" that can be done in any outdoor space (even your own backyard!):

<https://cdn2.hubspot.net/hubfs/415693/ParksRxAnywhere2020.pdf>

Information about local parks & programs

Pittsburgh Parks Conservancy: www.pittsburghparks.org

Citiparks: www.pittsburghpa.gov/citiparks

Allegheny County Parks: www.alleghenycounty.us/parks

Water play at home

Even though pools and spray parks are closed, you can still stay cool at home! Try:

- Sliding down a slip n' slide— buy one from a store or make your own!
- Have a water balloon toss
- Try water limbo with the garden hose
- Stay cool in a kiddie pool



Parks Rx spring activity idea

Choose a park or greenspace in your neighborhood and visit once a week. What changes do you see? New birds? New plants?



Summer reading ideas

Relax outdoors with a book about parks and nature! All titles on the list can be borrowed from the Carnegie Library of Pittsburgh system.

https://cdn2.hubspot.net/hubfs/415693/Nature%20and%20Parks_Recommended%20Book%20list.pdf

For more tips like these, text **ParksRx** to **1-866-216-7543**. Standard data and text charges may apply. Text STOP to unsubscribe.