

State of California Stay at Home Order: Outdoor Recreation FAQs

The California State Public Health Officer and Director of the California Department of Public Health is ordering all individuals living in the State of California to stay home or at their place of residence, except as needed to maintain continuity of operation of the federal critical infrastructure sectors.

Outdoor Recreation Frequently Asked Questions

Question: Can I still exercise? Take my kids to the park for fresh air? Take a walk around the block? Walk my dog?

Answer: Yes. So long as you are maintaining a safe social distance of six feet from people who aren't part of your household, it is ok to go outside for exercise, a walk or fresh air. Gyms are closed.

Question: Can people still go hiking or visit State Parks?

Answer: Californians can walk, run, hike and bike in their local neighborhoods as long as they continue to practice social distancing of 6 feet. This means avoiding crowded trails & parking lots. To help reduce crowds, State Parks is modifying operations at some parks, including closing vehicular access and parking lots to reduce density of visitors. A list of closures can be found at www.parks.ca.gov/flattenthecurve. Everyone has the responsibility to "Flatten the COVID-19 Curve at Parks" by maintaining a social distance of 6 feet or more when recreating in the outdoors, and staying home if they are sick. If visitors cannot maintain social distancing, they need to leave the park.

For information on National Parks, please visit their website [here](#).

Pets

Question: Can I walk my dog? Take my pet to the vet?

Answer: You can walk your dog. You can go to the vet or pet hospital if your pet is sick. Remember to distance yourself at least six feet from other pets and owners.

Source: <https://covid19.ca.gov/stay-home-except-for-essential-needs/>