The Center for Disease Control has released new guidance for visiting parks and playgrounds.

1 Carefully consider use of playgrounds, and help children follow guidelines.

2 Maintain a distance of at least 6 feet away from people you don’t live with.

3 Wash hands with soap and water for at least 20 seconds when possible.

4 Adults and older children who can safely use hand sanitizer: Use hand sanitizer that contains at least 60% alcohol and rub hands together until dry, if soap and water are not readily available.

5 Wear a cloth face covering, if you can.

For full CDC guidance visit

GameTime now offers outdoor hand sanitizer stations for parks and playgrounds. Learn more at gametime.com/hand-sanitizer