

# COVID-19 GUIDANCE FOR OVERNIGHT CAMPING

Camping in North Dakota's parks is a great way to enjoy the great outdoors and take in the beauty of North Dakota. The following guidance will help reduce the risk of COVID-19 transmission while camping. Contact your campground for campground-specific information related to COVID-19.

- The virus that causes COVID-19 is primarily spread from person to person through close contact (6 feet). Put distance between yourself and others.
- Wash hands frequently while camping and ensure hand sanitizer is available.
- People who are older, have chronic health conditions, or are otherwise at increased risk for a serious COVID-19 infection should avoid camping or should only camp with members of their same household.
- People who are ill or have been diagnosed with COVID-19 should stay at home until they have been told by public health they can be released from their isolation.
- People who have been told by health officials that they are a close contact to someone who tested positive for COVID-19 should stay home.
- Consider staying local – camp near your home so you do not have to travel great distances. This will help avoid exposures that could occur at stops made on your trip.
- Camp with household members only. Group camping or camping with people outside of your household increases the risk for exposure to COVID-19.
- Maintain social distancing with campers in adjacent campsites.
- Group campsites should be limited to normal occupancy.
- If camping in a larger group, keep the group as small as possible.
- Limit group camping to people you normally socialize with and who are from the same geographic area as you.
- Group campers should try to maintain social distancing.
- Wear a mask when around other people, if possible.
- Food and drink should not be shared among different households.
- Household members should sleep in the same camper or tent. Campers and tents should not be shared among different households.
- Physical contact, such as shaking hands or hugging, should be limited.
- If weather does not allow for outside activity, avoid congregating with each other in the same indoor space.