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Heading to the lake this weekend? Here's what you need to know

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For many of us, the May long weekend marks the start of summer lake season. To help you stay safe while travelling to your cottage or campsite, here are the Manitoba provincial recommendations for being [COVID Careful in Cottage Country](#):

Before the trip

- Collect local emergency contact information and bring it with you. Only reach out to these local authorities in the case of an emergency.
- Bring all required prescription medication and medical devices.
- Remember that firewood cannot be moved outside of Winnipeg due to the presence of the emerald ash borer. Be prepared to buy firewood at your destination.
- If you are heading to a provincial park, make sure to bring your own hygiene products (e.g. toilet paper) and pick up your [park vehicle pass](#) before leaving home. The [Manitoba parks page](#) has more helpful information including a link to purchasing various licences online.
- Public officials currently recommend not travelling outside of Manitoba. If you are thinking of crossing the provincial border, check with authorities in other provinces to learn about restrictions in their areas. Note that if you travel outside the province, public health officials advise a 14-day self-isolation after returning home.

Travelling

- Travel only with people who live with you.
- Do not travel if you or a family member have symptoms related to COVID-19. Visit [Shared Health's online screening tool](#) if you have any flu-like symptoms.
- Return home immediately if you or anyone with you begins to feel ill.

While you're there

- Wash your hands frequently with soap and water.
- Don't visit with people outside of your immediate family (or those you live with).
- Practice physical distancing — keep two meters (six feet) between you and others.
- Only visit local health providers in the case of an emergency.
- Use local restaurant patios and shops but use pick-up where available.
- Avoid tasks that may cause injury.

Mask recommendations

- Wearing a homemade mask in public has not been proven to protect the person wearing it, though some public health experts suggest it could be an additional measure you can take to help protect others around you. When in public, it's important to continue to practice physical distancing (keep two meters or six feet away from others) and frequent hand-washing, even when wearing a mask.
- Medical masks should be reserved for medical professionals. Consider donating medical masks to your local healthcare facility.

By following the advice of public health officials, you can focus on enjoying the outdoors while helping to keep yourself and others safe.

If you plan on hiking during your long weekend trip, check out our [Let's Learn: Hiking](#) guide for tips, printable colouring pages and a hiking bingo game!

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