

The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

This guidance is for individual activities on outdoor public or school track facilities. No groups, track meets, or club activities are permitted. The owner/operator of the outdoor track facility shall post a sign designating the number of persons allowed as specified by the local health department.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although likely less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose, or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least 6 feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

PARTICIPANT GUIDANCE

- Stay local and keep your visit short.
- Allow only walkers and runners in the outdoor track area.
- Do not share equipment or towels.
- Keep bare hands away from your face and use a tissue or other disposable wipe instead.

GUIDANCE AFTER ACTIVITY

- Wash hands as soon as possible after walking or running or use an alcohol-based hand sanitizer with at least 60% alcohol when soap and water are not available.
- Wipe down any equipment with disinfectant.
- Launder all items (clothing, towels, etc.) after returning home.

USE OF FACE MASKS/COVERINGS

- CDC recommends the use of a simple cloth face mask or covering as a voluntary public health measure in public settings where other social distancing measures are difficult to maintain.
- Launder reusable face masks/coverings before each daily use.
- CDC offers [additional information on the use of face masks/coverings](#), including instructions on how to make them.
- Individuals should be careful not to touch their eyes, nose, and mouth when removing face masks/coverings and wash hands immediately after removing.

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304

