

## GET OUTSIDE WHILE HOMEBOUND

Here is SOME good news on the coronavirus front: The CDC and other health professionals recommend getting outside, as long as we practice the necessary guidelines for social distancing, hand-washing, and other prescribed measures. Getting outside is still safe. Outside is a healthy place to be now, just as it has been in the past and will be in the future.

While the Visitor & Education Center is closed to the public, Ranger Toni and the Refuge team will be hosting virtual tours, hikes, and fun scavenger hunts for families and individuals stuck in their homes. We encourage those who are healthy and not exhibiting signs of COVID-19 to take a daily walk or run in your neighborhood, local park, or any of the nation's 568 wildlife refuges, if they are open for visitation.

Getting outside with fresh air and exercise is fun, but even more importantly, it has been shown to benefit the brain, body, and soul. It helps strengthen your immune system and improve your emotional health.

Here at "Ding," we will be posting daily reminders about the healing nature of nature with a "Daily Dose of Ding." We hope these posts will bring some much-needed hope, happiness, and beauty into your lives along with a continued appreciation for natural spaces like "Ding."

Thanks for following the "Ding" Darling Wildlife Society and the J.N. "Ding" Darling National Wildlife Refuge on social media. We understand the anxiety and concern caused by the COVID-19 pandemic and are doing what we can, as we know you are too, in keeping the virus contained. As is the case for other organizations, groups, and businesses, the safety and well-being of our "Ding" family is a priority. Our conservation work continues, yet within the guidelines of the CDC. Thank you for caring and please be safe and healthy.