**Being physically active**

**AVOID**
- Gathering in groups of 5 or more.
- Getting together with anyone outside of your household.
- Spending any time with someone who has COVID-19 symptoms.
- Being in situations where it’s hard to keep a 2 metre (6 foot) distance from others (unless you are wearing a cloth mask).

**USE CAUTION**
- Using sidewalks*, streets and multi-use paths in your neighbourhood.
- Keeping a larger distance when moving at a fast pace such as running, cycling or rollerblading. Staggering yourselves to not be directly behind others.
- Spending time in public settings (such as parks) with people who are not part of your household.
- Not gathering for extended periods of time with people outside of your household.

**SAFE**
- Exercising in your home or backyard.
- Gardening around your home.
- Spending time in parks with members of your own household.
- Doing yoga in the park by yourself or with members of your own household.
- Throwing a ball or flying a kite in the park with members of your own household.
- Limiting activities to members of your own household.

* Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others.

Take care of yourself. It’s OK to NOT be Ok. Please know that help is available, and we encourage you to reach out to Distress Centre of Ottawa to connect with someone at 613-238-3311.

We are all in this together. For more information, visit: [OttawaPublicHealth.ca/ActiveDuringCOVID19](https://www.OttawaPublicHealth.ca/ActiveDuringCOVID19)