**Staying active outdoors during COVID-19**

**Do**

- **2m / 6’**
  - Keep a 2 metre distance from others. Step-aside or pass* others quickly with a smile.

- Stay well back from others when running, rolling, cycling, or rollerblading, and stagger yourselves to not be directly behind others.

- Stick to sidewalks, streets and multi-use paths in your neighbourhood as much as possible.

- Change your route or the time of day you go out to avoid areas with lots of people.

**Do not**

- Travel to destinations that may attract a crowd and make physical distancing too difficult.

- Stay and play or stop for a picnic in parks.

- Exercise with anyone outside your household.

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