











# COVID-19: Is it safe to go outside? Can we go for a walk?

**Yes!** it is safe to go outside and take walks as long as you follow social distancing guidance. In fact, COVID-19 is less likely to spread outdoors. Taking walks and enjoying outdoor spaces helps **reduce stress and anxiety** and cures cabin fever. It will help you maintain your **physical and mental health**.

People have always gone to parks, other conservation lands and trails to find respite, seek solitude and restoration. We need these places now more than ever.

If everyone does their part to use these spaces in a way that respects each other and follows public health guidance, then **together we can ensure that everyone stays safe and healthy!**

## Easy Guidelines for safely taking walks during this pandemic:

-  Stay home if you are feeling sick or unwell
-  Maintain distance from others in parking lots, trailheads and viewpoints. Don't form groups or gather with others on the trail.
-  If parking lots are full, please choose a different area to walk or return when parking is available.
-  Wear a mask if you cannot distance from others
-  Avoid unnecessary contact with surfaces (ie. handrails, benches, playgrounds)
-  Only walk closely to people in your bubble
-  Stay local: take your walks in outdoor settings close to home. Most restrooms are not available in outdoor areas.
-  Keep visits short, avoid crowding trails and parks so everyone can enjoy them safely
-  Practice social distancing (2m) from those outside your bubble. Avoid high-fives, hugging or handshakes
-  Explore trails and areas that are less popular

**For information on your local land trust:**