Staying active outdoors during COVID-19

**Do**
- 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.

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