

EXERCISING OUTDOORS DURING THE CORONAVIRUS (COVID-19) PANDEMIC

The benefits of exercise are likely to outweigh any risks, as long as you are not ill and take appropriate precautions, such as avoiding crowded places and following the tips below. Exercise is important for staying healthy and reducing stress/anxiety during COVID-19.



Wash your hands before you leave your place of residence. Bring a small bottle of hand sanitizer with you if you have to touch surfaces, such as elevator buttons.



You can wear a moisture-wicking face covering, but some experts say this precaution is not necessary if you are following the recommendation to avoid crowded areas.



After exercising, take off your shoes before entering your home, immediately take off your workout clothes once inside (do not shake them as this could spread viral particles) and wash your hands with soap and water for at least 20 seconds.



Exercise early in the morning or late at night when it is less busy outside.



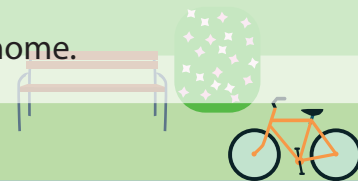
Avoid using your hands to wipe sweat from your face. Use a hand towel or sweat band instead.



Do your best to not touch any surfaces outside (hand railings, benches, cross walk buttons, etc.).

Although further research is needed, a recent preliminary study* suggests that you may need to keep a distance of more than 6 feet from others when exercising outdoors.

If you can't keep a safe distance from others, it is best to exercise indoors at home.



For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

*http://www.urbanphysics.net/Social%20Distancing%20v20_White_Paper.pdf