

DURING THE COVID-19 PANDEMIC, WHEN SO MANY OF US ARE ORDERED TO "SHELTER IN PLACE", IT IS IMPORTANT FOR PEOPLE OF ALL AGES AND ABILITIES TO BE AS ACTIVE AS POSSIBLE.  
 FRESH AIR, SUNSHINE, AND PHYSICAL ACTIVITY ARE GOOD FOR BOTH YOUR MIND AND YOUR BODY.

# SAFE WAYS TO STAY ACTIVE AND EXPLORE YOUR NEIGHBORHOOD

Cover your face with a mask or cloth every time you leave your house and avoid touching your face.

Change clothes when you get home, and leave your shoes outside.

Practice social distancing Try crossing the street if others are on the sidewalk, announcing yourself and letting others pass on narrow trails.

Dogs and cats can sometimes spread COVID-19. Don't touch other peoples pets.

Bring your own water bottle and hand sanitizer. Avoid touching shared surfaces.

