

How to walk and bike during COVID-19

Taking a walk or going for a bike ride are some of the best ways to keep your mind and body healthy. In many areas, people can safely visit parks, trails, sidewalks, and green spaces. As long as you do not have symptoms of COVID-19 — such as fever, cough, or difficulty breathing — walking, running, or cycling can be a great way to enjoy the outdoors. Remember, basic safety rules around walking or cycling on roads, trails, and sidewalks still apply. Here is how to bike or walk safely during the COVID-19 pandemic:

- Stay home if you are sick or feeling any COVID-19 symptoms such as fever, coughing, and/or trouble breathing.
- Travel solo or only with people with whom you are quarantined.
- Plan your route. Avoid busy times of the day or narrow paths that do not allow social distancing.
- When you can, stay close to your home or neighborhood.
- Check with the park or recreation area to prepare safely and to find out whether the bathroom facilities are open and what services are available.
- Practice social distancing, and stay 6 feet apart from everyone who does not live with you. Avoid close contact, such as shaking hands, hugging, or high-fives.
- When you encounter another person walking, running, or biking, wait or move out of the way to maintain at least 6 feet between you.
- Do not form groups in parking lots, at trailheads, scenic views or places where people tend to congregate.
- If you see a crowd, turn around and find an alternate route.
- Wear a face covering over your nose and mouth if you are close to other people who do not live with you.
- Remember to bring your own water and food with you on longer trips to avoid an unnecessary refueling stop.
- Avoid unnecessary contact with surfaces that are often touched such as handrails and benches. For instance, use your elbow to touch crosswalk buttons instead of your hand.
- Avoid touching your eyes, nose, and mouth with unwashed hands while running, biking, or walking.
- Wash your hands with soap and water for at least 20 seconds after your trip.

References:

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>
- <https://health.clevelandclinic.org/covid-19-how-to-stay-safe-during-outdoor-activities>

Source:

Natalie Jones, MPH, UK Family Health Extension Specialist