



# How to Walk Outdoors Safely During COVID-19 ..... FAQ

## Is it safe to go outside?

### Can we go for walks when we are “sheltering in place”?

Yes, it is safe to go outside and take walks as long as you follow CDC’s social distancing guidance. We need these places now more than ever and they are getting unprecedented visitation.

### Easy guidelines for safely taking walks during this crisis:

- **Stay home if you are sick** or feeling any COVID-19 symptoms such as fever, coughing and or trouble breathing.
- **Stay local** – take your walks in outdoor spaces that are close to home.
- **Only walk close to people who live with you.**
- **Practice social distancing - stay 6 feet from everyone who does not live with you.** Avoid close contact. Don’t shake hands, hug or high-five.
- **Maintain distance from others** in parking lots, at trailheads and scenic views and places where people tend to congregate. Don’t form groups or gather with others on the trail.
- Avoid unnecessary contact with surfaces that are often touched such as handrails, benches and playground equipment.
- **Keep visits short. Leave room for everyone to take walks** and spend time in outdoor areas without causing trails & parks to become too crowded for safety.
- If you arrive at a trail or outdoor area and crowds are forming because everyone has decided to go there, choose a different place or return at another time.
- If parking lots are full, please do not park along roadsides or in other undesignated areas. Please **choose a different area to walk or return when parking is available.** Parking overflowing onto nearby streets creates tensions with neighbors who may seek to have the outdoor areas closed.
- **Go to ExploreRI.org to find other nearby trails.**

**Please do your part** to use this place in a way that respects others and follows public health guidance. Together we can ensure that everyone stays safe and healthy!