It is safe to walk outside if you are healthy and take the proper precautions. If you live in an area where it is difficult to practice social distancing and the COVID-19 infection rate is high, it is best to stay home to walk in the backyard or on the treadmill.

**Safe Walking Tips**

- Before heading out, check with local health officials on the current health guidelines.
- If you have a heart condition, speak with your cardiologist before your walk.
- Stay home to walk if you are sick or experiencing any COVID-19 symptoms such as fever, coughing, or trouble breathing.
- Only walk close to family members who live with you. With others, maintain the recommended social distance of at least 6 feet and wear a face covering.
- Choose your walking route carefully to avoid high traffic areas.
- Stay local and plan a shorter walk to avoid having to use public restrooms, taking refueling stops, or encountering too many people.
- Schedule your walk in the early morning to avoid crowds and the sun during peak hours.
- Choose lightweight clothing to stay cool and wear sunscreen to protect yourself from the sun’s burning rays.
- Warm-up before walking to limber up your muscles.
- Be mindful about the surfaces you touch; bring a travel size hand sanitizer and wash your hands well after going outside.
- Bring your own water bottle and stay hydrated during your walk.
- Rest when necessary; your body will tell you when you need to stop.
- Do cool down exercises after your walk to allow your heart rate to return to normal.
• Watch for signs of heat stroke or heat exhaustion:
  — High body temperature
  — Alteration in sweating (hot and dry or cold and moist skin to touch)
  — Altered mental state (confusion, delirium, irritability)
  — Nausea, vomiting, or diarrhea
  — Flushed skin
  — Rapid breathing
  — Racing heart rate
  — Throbbing headache
  — Dizziness or fainting
  — Fatigue
  — Weak, rapid pulse
  — Muscle cramps

• If you walked outdoors, check for ticks.