



— Virtual Awareness Walk — September 2020

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.