

March 20, 2020

### **Guidance for Being Outside**

Preventing the spread of [Coronavirus \(COVID-19\)](#) requires that everyone in our community be mindful and vigilant about social distancing. Social distancing is a practice that involves keeping 6 feet of distance between yourself and other people in order to prevent the transfer of the virus that causes COVID-19. Many healthy adults may be infected with the virus that causes COVID-19 and have mild symptoms, which might result in them silently passing the virus to other people who might become extremely sick from COVID-19 (such as adults and children with chronic health conditions and older adults). This is why it is so important for everyone to practice social distancing right now.

However, keep in mind that you can remain active while also keeping yourself, your family, and your community safe from COVID-19 through social distancing. Here are some things you can do:

#### **Be hygienic:**

- Wash your hands with soap and water for 20 seconds before leaving the house and after returning home from outdoor exercise or activities.
- Wash your hands after using the bathroom and before eating or touching your face.
- Cough or sneeze into a tissue or your elbow, and avoid touching your face, eyes, mouth, and nose.
- Avoid spitting in public.
- Shower after returning home from using shared outdoor exercise equipment.
- Stay home if someone in the household has been diagnosed with COVID-19.

#### **Avoid the following:**

- Contact sports with non-household members (such as football)
- Pick-up games with non-household members (such as basketball)
- Large crowds and gatherings, which may occur at basketball courts or with running groups
- Spotting non-household members with outdoor exercise equipment (such as with weight or resistance training)

#### **Go outdoors by yourself or with household members:**

- Visit an outdoor area that is large enough to facilitate social distancing
  - Find your local triangle parks, circle parks, landscaped medians, and areas in cul-de-sacs
  - Walk or run on tracks or fields or trails (as long as there is enough space to keep 6 feet away from other people)
- Go for a walk or run in the woods or around your neighborhood
  - Maintain 6 feet of space when around other people

Be active indoors:

- Utilize streaming services for various exercise classes (such as aerobics, yoga, etc.)
- Keep up with #FITDC for daily weekday morning workouts at 9:00 a.m. on Mayor Bowser's Facebook page and DCN Channel 16
- Visit [dpr.dc.gov](http://dpr.dc.gov) for additional ideas for exercise