

Getting Outside During COVID-19

Going outdoors

- Outdoor time is strongly encouraged. There are many benefits to being outdoors and getting physical exercise.
- Droplets carrying the virus are more likely to be blown away by the wind outside, and so there is a lower risk of viral spread than indoors.
- Singing, loud speech, heavy breathing from exercise, and sneezing and coughing can spread more infectious droplets
- Group discussions, especially for a prolonged time, raise the risk of catching the virus from an infected person.
- People with symptoms of COVID-19 (including, but not limited to: cough, runny nose, fever, GI symptoms, or loss of taste or smell) should seek medical care and quarantine at home, and not spend time around others.



Using masks

- Masks are an important part of reopening. Masks have been shown to save many lives in other cities and countries.
- Masks protect both the person wearing the mask, and also protects others from the person wearing the mask. Remember, people can spread the virus before they have symptoms or know they are sick.
- Masks provide an added level of protection, as other precautions are not foolproof
- Cloth masks are fine for this purpose.
- People who are running, biking, or exercising also produce more infectious droplets. Masks are encouraged for people walking on a path where others are walking, running or biking.
- When outdoors at your home and not interacting with others from outside your household, or when walking in areas with no one else around, the risk of contracting the disease is exceedingly low, and masks are not necessary.



- However, as the weather gets nicer and more people are outside, it is a good idea to keep a mask with you whenever you are outside, in case you meet other people or end up in the above situations

Visiting others

- All visiting should take place outdoors.
- Social distancing of at least 6 feet should be observed.
- The virus can live on hard surfaces like metal or wood. Therefore, chairs should ideally be cleaned in between uses. You can also bring your own chair to a friend's house
- People sitting on others' chairs should sanitize or wash their hands, and try to avoid touching their faces.
- Visitors should avoid using the host's bathroom, and should remember to use their own prior to visiting friends or family. Depending on the situation, entering someone else's home can create a very real risk for either the visitor or the host.
- People who have recently been exposed to someone with COVID-19 should not visit with other people.
- Be extremely careful when visiting elderly people and others at higher risk for COVID-19.



Groups

- Groups with a larger number of people are more likely to have someone present who is sick (or about to be sick); they also allow that individual to infect many people at once. Masks are therefore even more important with an increasing number of people.
- The phenomenon of one person being able to infect many in a gathering (known as a "super spreader") has caused many to get sick or even die from COVID-19.
- Groups of more than 10 people should be avoided, as per local regulations at this time
- Food sharing is not recommended at this time

