# Running During COVID-19

Running can help you stay active and cope with stress, especially during the COVID-19 pandemic. However, precautions should be strongly followed to prevent spreading or obtaining the virus when running outdoors. Remember - it is highly advised that if you feel sick, you should NOT go running outdoors or visit public areas. See below for some useful tips as you prepare for your run.
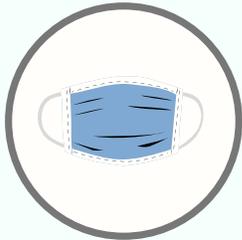
Run Solo

Avoid running in groups and run solo instead. If you are running with a partner from your household, make sure to run in single file when encountering others along your trail
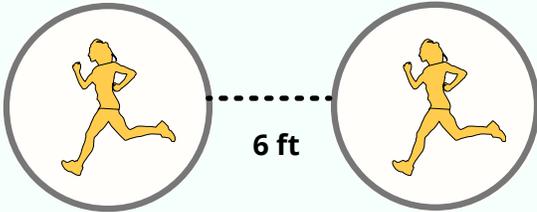
Maintain Physical Distance

6 ft

Make sure to physically distance from others while running outdoors, at least 6 feet or more.

Wear a Mask

The CDC now recommends wearing masks whenever in public areas. Running while wearing a mask may seem challenging, but you can slow down your pace to compensate, as advised by Runners World.

Avoid Touching Traffic Buttons

COVID-19 can be spread through surfaces, although it predominantly spreads through respiratory droplets. To be on the safer side, try to avoid touching surfaces when outdoors, including traffic buttons.

Avoid Touching Your Face

Continue to follow the CDC recommendations to avoid touching your eyes, nose, and mouth with unwashed hands

Wash Hands Frequently

As recommended by the WHO, wash your hands with water and soap before you leave, when you get to where you are going, and as soon as you get home. If water and soap are not immediately available, use alcohol-based hand rub.

For more info, visit: www.cdc.gov

We are in this together, Watertown.