COVID-19 is on the rise in New York City (NYC) and across the nation. Staying physically active and spending time outdoors can keep your mind and body healthy. When venturing outside for fresh air and physical activity, it is important that you take extra precautions to protect yourself and others during the COVID-19 public health emergency.

Always practice these four key actions to prevent COVID-19 transmission:
- **Stay home.** Stay home if you are not feeling well, tested positive for COVID-19 or have been in close contact with someone who has COVID-19.
- **Stay apart.** Keep at least 6 feet from others.
- **Wear a face covering.** Protect yourself and those around you by wearing a face covering at all times when outside your home.
- **Keep your hands clean.** Wash your hands often and carry alcohol-based hand sanitizer to use while traveling. Avoid touching your face with unwashed hands and cover your coughs and sneezes.

What are some examples of outdoor activities?
- Go for a **walk**, **hike** or **run**.
- Go **biking**, **rollerblading**, **roller skating** or **skateboarding**.
- Stop by one of NYC’s more than 1,700 **parks**, **playgrounds** and **recreation facilities**. Before you head out, visit the NYC Parks webpage to make sure your park, playground, or recreation facility is open and to get up to speed on physical distancing requirements and limits on the number of people who can enjoy the space at the same time.
- Visit an **outdoor farmer’s market** or pack a **picnic**.
- Go **ice skating**.
- Practice **cardio**, **meditation**, **movement**, **strength training**, **yoga**, or **other workouts** indoors or bundle up and head to the park.
- Take up a new hobby, such as **photography**, **filmmaking**, **crafting** or **painting**.
- And if we see snow this winter, **build snow structures** or **make snow angels**, or go **sledding**, **cross-country skiing** or **snowshoeing**.

Get creative while keeping in mind the four key actions to prevent COVID-19 transmission.

What are some tips to stay safe during outdoor activities?
Avoid crowds. Pick times and locations for your outdoor activities where there will not be too many people on the sidewalks and streets. Stay 6 feet apart from others. Always wear a **face covering** that covers your nose and mouth, and avoid touching your face with unwashed hands. When you get home, wash your hands with soap and water.

Bundle up during colder weather. Wear dry, warm clothing and cover exposed skin. Keep your fingertips, earlobes and nose covered. Wear a hat, hood, scarf and gloves, and wear sturdy boots that
provide traction to avoid slipping. Take care when walking on snow and ice, especially if you are an older adult. Use handrails when using stairs and use hand sanitizer after.

Is it safe for older people or people with underlying conditions to go outside?
While anyone can get sick from COVID-19, the risk of severe illness increases with age. Certain underlying medical conditions, such as cancer, type 2 diabetes, obesity and heart disease, also increase the risk of severe COVID-19. A Commissioner of Health Advisory recommends that older adults (in particular, adults over the age of 65) and people with underlying health conditions, as well as their caregivers and members of their household, stay home as much as possible. If you want to exercise outdoors, pick an activity that you can do at a safe distance from others, such as walking, running or bike riding. Wear a face covering, bring and use hand sanitizer if you touch surfaces, and pick times and locations that are not crowded so that you can stay at least 6 feet from others. If a place is crowded or people nearby are not wearing face coverings, go somewhere else or return home.

How can I stay active indoors?
There are many ways to stay active from home, including stretching, practicing yoga, using a stationary bike or other equipment, lifting weights, and using exercise videos or activity video games.

Can I take public transportation?
Whenever possible, limit your outdoor activities to places that are close to home. Avoid public transportation unless you are traveling to work or school or for other essential purposes, such as medical care, grocery shopping or pharmacy necessities. Face coverings are required on all public transportation in New York State.

Can I meet up with others outdoors?
Only meet up with people you know are careful about using a face covering and keeping at least 6 feet from others. Keep your gathering small and short. The more people that gather close together and the longer the gathering, the greater the risk of COVID-19. For more information, see COVID-19: Tips on Getting Together Safely.

Can I take my dog to the park?
Yes. NYC parks, including dog runs, are open to dogs and pet owners to get fresh air and exercise. Your dog must be leashed except for specific times and locations when off-leash rules are in effect. When walking your dog, keep at least 6 feet from others. For more information, visit the NYC Parks webpage.

For more information on COVID-19, visit nyc.gov/health/coronavirus.

The NYC Health Department may change recommendations as the situation evolves. 1.24.20