

**THIS INFORMATION IS INTENDED TO HELP PEDESTRIANS STAY SAFE WHILE  
GETTING THEIR DAILY DOES OF PHYSICAL ACTIVITY.**

### **COVID-19 Symptoms**

Individuals who have any of the below **COVID-19 symptoms** are asked to stay home and self-isolate.

- Cough
- Fever / Chills or Shakes
- Muscle Pain
- Headache
- Runny Nose
- Sore Throat
- Difficulty Breathing
- New Loss of Taste or Smell
- Diarrhea

If you are concerned that you may have been exposed to, or are experiencing symptoms of COVID-19, please visit the Ministry of Health website and take the [self-assessment test at https://covid-19.ontario.ca/self-assessment/](https://covid-19.ontario.ca/self-assessment/) which will provide recommendations and next steps.

### **Stay Informed**

For current updates, resources and more, please visit:

- 1) **Ministry of Health** at <https://www.ontario.ca/page/ministry-health>
- 2) **Public Health Agency of Canada** at <https://www.canada.ca/en/public-health.html>
- 3) **Government of Canada** at <https://www.canada.ca/en.html> or call 1-833-784-4397
- 4) **Government of Ontario** at <https://www.ontario.ca/page/government-ontario>
- 5) **COVID-19 Self Assessment Tool:** <https://covid-19.ontario.ca/self-assessment/>

## **Active Transportation**

Active transportation is any form of human-powered travel. Examples of active transportation activities may include the use of walking, cycling, skateboarding or rollerblading when traveling to and from a destination like a school, office, or for leisure purposes.

With social distancing policies put in place to help limit the spread of COVID-19, spending most of our time at home has become the new normal.

While self-isolation measures are necessary, our bodies and minds still need exercise to function well, prevent weight gain and keep our spirits up during these challenging times. Active transportation (walking, cycling, rollerblading, wheeling) is a great way to get your daily dose of physical activity.

### **Heading outdoors? Here are a few tips to help you plan ahead:**

1. **Plan Your Route/Schedule:** Take advantage of trails, lanes, sidewalks, and road closures near you. Utilize resources such as Google Maps, Mapinhood, or Triplinx to personalize your route.
2. **Pack Accordingly:** Ensure you have everything you need before leaving the house including:
  - Face Mask/Face Covering
  - Hand Sanitizer/Disinfectant Wipes
3. **Obey Traffic Signals:** Be mindful and look both ways before crossing any street and at controlled intersections. Carry ID in case of an accident or medical emergency.
4. **Stay Alert:** Do not walk and text. Know your surroundings and stay aware.
5. **Be Visible:** Wear bright coloured clothing and reflective gear, particularly when walking after dark or in bad weather.
6. **Hydrate Often:** Drink water often and stay cool.
7. **Invite a Friend:** Walking with a friend may help encourage you to get outdoors and get active.

## **Stay Safe**

1. Individuals who exhibit signs and symptoms of COVID-19 are asked to stay home.
2. Maintain Physical Distance:
  - Avoid crowded sidewalks, bike lanes/trails and busy streets.
  - Avoid contact with others wherever possible and, maintain a minimum of 2 metres (6 feet) of distance between individuals.
3. Use Personal Protective Equipment when you cannot maintain physical distance while outdoors. Masks or face coverings are mandatory at all indoor public spaces.
4. Practice Frequent Hand Hygiene/Sanitization: Consider carrying your own personal alcohol-based hand sanitizer or disinfecting wipes.
5. Sneeze or cough into your sleeve or cover your mouth and nose with a tissue.
6. Avoid touching your eyes, nose, and mouth.

## **Indoor Tips on How to Stay Active:**

1. Take Regular Breaks: Take a break every 20 to 30 minutes and walk around the house, get a coffee, go in the backyard, or play with the kids or pets.
2. Use the Stairs as often as possible.
3. Walk the Dog
4. Join a Virtual Exercise Class
5. Create Your Own Exercise Plan: Use the time in the morning that you would have spent getting ready, packing a lunch and commuting to exercise or go for a walk.
6. Hold Yourself Accountable: Schedule your walking trips a week in advance to help you stick to a schedule.
7. Set a Goal & Track Your Steps: Having a weekly or monthly goal helps you stay motivated. Set a goal and track your activity on the active switch online tool at [activeswitch.ca](https://activeswitch.ca)
8. Challenge Yourself and a Friend: Set a challenge with a friend or two to help stay motivated. Increase your activity level 10 minutes more at a time.
9. Put on Music: Dance a little!

## **Virtual Online Exercise Classes**

### **ParticipACTION**

1. **Get Fit as You Sit:** This is a simple workout you can do while sitting at work or at home.  
<https://youtu.be/Ra9TWisWBuY>
2. **Kickstarter:** Start a new at-home routine, and add in some physical activity.  
[https://www.youtube.com/watch?v=5ULGzH\\_mV-0&t=18s](https://www.youtube.com/watch?v=5ULGzH_mV-0&t=18s)
3. **Health-Boosting Workout:** <https://bit.ly/2YMr4rZ>
4. **Facebook Live Fit Breaks** - Join ParticipACTION on [Facebook](#) every weekday at 12 p.m. EST to get active with our live 10-minute Fit Breaks.

**YMCA Health & Fitness Videos:** <https://ymca360.org/on-demand/>

**Fitness Blender:** Free full-length workout videos:

<https://www.youtube.com/user/FitnessBlender/videos>

## **Additional Resources**

1. Ministry of Transportation, Road Safety for Pedestrians Guide:  
<http://www.mto.gov.on.ca/english/safety/pedestrian-safety.shtml#pedestriantips>
2. Google Maps: <https://www.google.ca/maps>
3. Mapinhood: <https://www.mapinhood.com/>
4. Triplinx: <https://www.triplinx.ca/>
5. Active Switch: <https://activeswitch.ca/>

## **Working/Studying from Home?**

Are you looking for some helpful tips while working from home? Visit the Commute Ontario website at <https://commuteontario.ca/telework> for links and resources to help you stay healthy, productive and connected while teleworking/telelearning.