

# COVID COMMUTING

## WALKING

*“All truly great thoughts are conceived by walking.”*  
- Friedrich Nietzsche

We know walking is a way to get fresh air, exercise and access local business. During the pandemic, walking has become a key aspect to our physical and mental well-being. Now is a great time to explore your community on foot.

### What are the risks?

Solo walks outdoors are low-risk and recommended by public health, as the virus spreads through consistent exposure. You are most likely to risk transmission at the destinations before and after your walk, so be sure to only travel for essential purposes and follow health guidelines.

If you are walking in a group, you will risk transmission due to the lack of physical distancing and heavier breathing from activity. Only go for group walks with those in your household bubble.

### Why consider walking?

Exercise helps keep you healthy and strong, and being outside has added benefits for mental health. During the pandemic, cities around the world are taking advantage of reduced traffic, providing more space for those walking and biking. In Manitoba, you can use GoManitoba to find walking routes and mentors near you (reach out to ask about routes you've not yet discovered!) Email [gohappy@greenactioncentre.ca](mailto:gohappy@greenactioncentre.ca) for more information.

### Walking Risk Reduction

- Have a mask with you at all times, in case you need to enter a business
- Avoid group walks
  - If group walking is necessary, wear a mask and change frequently if it gets wet
  - Buffs/gaiters are not masks, they do not provide adequate protection
- Keep your distance from others



# GO MANITOBA

#### Resources

[www.greenactioncentre.ca/healthy-travel/walking/](http://www.greenactioncentre.ca/healthy-travel/walking/)  
[www.healthandwellnessalerts.berkeley.edu/blog/walking-an-easy-way-to-stay-fit-during-the-covid-19-pandemic/](http://www.healthandwellnessalerts.berkeley.edu/blog/walking-an-easy-way-to-stay-fit-during-the-covid-19-pandemic/)  
[www.womenshealthmag.com/health/a32313632/is-it-safe-to-go-on-a-walk-during-coronavirus/](http://www.womenshealthmag.com/health/a32313632/is-it-safe-to-go-on-a-walk-during-coronavirus/)  
[www.vox.com/future-perfect/2020/4/24/21233226/coronavirus-runners-cyclists-airborne-infectious-dose](http://www.vox.com/future-perfect/2020/4/24/21233226/coronavirus-runners-cyclists-airborne-infectious-dose)  
[www.washingtonpost.com/lifestyle/wellness/mask-test-duke-covid/2020/08/10/4f2bb888-db18-11ea-b205-ff838e15a9a6\\_story.html](http://www.washingtonpost.com/lifestyle/wellness/mask-test-duke-covid/2020/08/10/4f2bb888-db18-11ea-b205-ff838e15a9a6_story.html)