

Go the (Social) Distance During COVID-19

People all over the U.S. and throughout the world are adjusting to a new way of life amidst the COVID-19 pandemic. Self care and wellness are extremely important during this time and even though we all have been ordered to stay home, you are still able to exercise and move outdoors if you follow social distancing guidelines. Family walks and bike rides are excellent ways to stay active and de-stress during the COVID-19 quarantine. According to the Humboldt County Department of Public Health, county residents may still go outdoors to take walks and rides with their families as long as you stay at least six feet away from those not living in your household.

Fewer cars on the road? Yes. Let your guard down? No!

While there may be less traffic on the road right now, you must still practice safety and use common sense while walking or biking!

Avoid distractions and put down your phone. Use sidewalks and crosswalks if possible. If there are no sidewalks, walk *facing traffic*. Only walk with members of your household and maintain 6 feet of distance when passing others.

Be Predictable! Use Hand Signals.



Left turn



Right turn



Slowing/stopping

Wear a helmet properly!



Make sure
helmet is
level



Make a 'V'
shape
beneath ears



Tighten.
Leave room for
2 fingers

Use your brain and always wear a helmet!

Make sure your helmet is level, adjust the V-shaped straps below your ears by pulling them up towards your ears and make sure your chin strap is tight!

Bicycles should be operated as vehicles, so you should always ride with traffic on the right hand side of the road. Using hand signals will also help you be more predictable to drivers and may prevent collisions.

**REMEMBER TO WEAR A MASK. WASH YOUR HANDS WHEN YOU
GET HOME, AND STAY HOME IF YOU ARE FEELING SICK!**