



# WALKING SAFETY

## During Shelter in Place

Learn more at [alamedacountysr2s.org](https://alamedacountysr2s.org)



You can still go for a walk while sheltering in place, and it is a good way to maintain physical and mental health. Here are some Do's and Don'ts for enjoying the outdoors.

- **DO MAINTAIN SOCIAL DISTANCE.** Keep at least 6 feet away from people outside your household.
- **DO WEAR A FACE COVERING WHEN SOCIAL DISTANCING IS DIFFICULT.** Carry one with you at all times, and keep it in a visible and easily accessible place.
- **DO BRING WATER AND HAND SANITIZER.** Remember to stay hydrated and keep your hands clean, there may be limited access to public restrooms and water fountains.
- **DON'T GO OUTSIDE IF YOU FEEL SICK.** Help keep others safe and healthy.
- **DO BE ALERT.** Look left, right, then left again before crossing the street. At a four-way intersection, look over your shoulder for cars that may be turning
- **DO DRESS TO BE SEEN.** Bright colors are more visible during the day, and light colors are more visible in the evening or at night. Reflective clothing is always a good idea, too!
- **DO LISTEN FOR ONCOMING CARS** that may be behind a parked car, tree, or other obstacle.
- **DON'T CROSS IN THE MIDDLE OF THE STREET.** Cross at corners or at a marked crosswalk. This is where drivers expect you.
- **DO USE CROSSING SIGNALS CAREFULLY.** If the intersection has a walk signal, push the button and wait for the walk signal. Before you cross, check that all drivers have stopped, especially those turning right.
- **DO USE EYE CONTACT** and hand signals to communicate before crossing. Don't assume driver see you.
- **DO USE A SIDEWALK WHEN AVAILABLE.** If there's no sidewalk, walk on the road facing oncoming traffic.



METROPOLITAN  
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