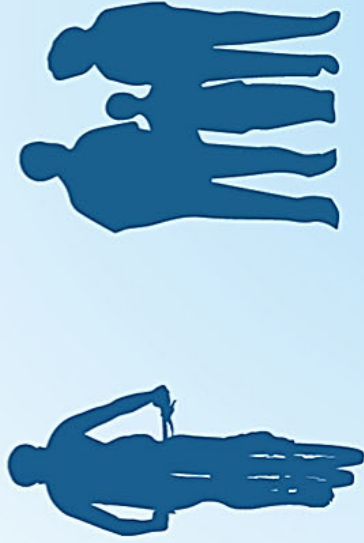


# Please stay at home when you can and consolidate essential trips.

Whether you're going out for an essential trip on foot or on a bike, or going out for a brief period of exercise, please follow these **public health guidelines**.



Travel solo or with as few people as possible from your household.



6 FT

Maintain your distance



When you encounter another person walking or biking, maintain at least six feet of space at all times. You may need to wait or move out of the way when others approach you.



Wear a face covering while visiting grocery stores, pharmacies, and other public spaces where proper social distancing may be difficult.



Avoid touching your face while traveling.

If you see a crowd, turn around and find an alternative route.



Cook County <sup>DPH</sup> of  
Public Health

COOK COUNTY  
HEALTH

ACTIVE TRANSPORTATION  
ALLIANCE

Sources: Cook County Department of Public Health, Chicago Department of Public Health, Illinois Department of Public Health, Centers for Disease Control and Prevention