



FAQ: Can I walk my dog outside while sheltering in place due to COVID-19?

Yes! It is healthy to spend time outdoors while social distancing, as long as you are feeling well and can remain at least 6 feet away from other people. Fresh air and exercise will likely alleviate some of the stress and anxiety that you may be feeling, while also helping to provide fun and exercise for you and your dog. Avoid crowded areas like dog parks and busy trails, but quiet neighborhood streets and less-popular trails can give you an excellent opportunity to get outside for a long walk with your dog. However, do check to ensure there are no local or state restrictions in your area or at the area you intend to walk your dog (e.g. state parks, beaches, etc.).

Make sure to always follow the current social distancing guidelines including:

- Use a leash for walks in public spaces so your dog stays near you.
- Avoid crowded or busy locations.
- Go out at times when there are fewer people on the streets.
- Keep your distance (at least 6 feet) from other people.
- If you are sick, stay at home and have someone else (e.g. family member, friend, designated caregiver, etc.) walk the dog. If you must walk your dog outside, wear a mask and keep walks to a minimum (e.g. only taking your dog out to use the bathroom).

Sources:

<https://vet.osu.edu/about-us/news/covid-19-and-animals#Quarantine%20and%20my%20pet>

<https://vcahospitals.com/know-your-pet/social-distancing-and-your-pet-during-the-covid-19-pandemic>