



PEDESTRIAN SAFETY BASICS

Follow these basic rules of the road to keep you and others safe while walking or running:

- Walk on the left side of the road **facing traffic**.
- Use reflectors or lights to ensure you're visible to motorists, but behave like you're invisible.
- Remain at least 6 feet away from others during COVID-19 outbreak!
- Respect local rules about where walking is allowed.
- Use sidewalks and residential roads when possible.
- Make sure you can hear traffic. If you wear headphones while walking or running, leave one earbud out.
- Be prepared to move onto the shoulder to make room for cars.
- Wear proper attire. Shoes that can be securely fastened are best!
- Tell someone where you're going and how long you'll be out.
- Bring a cellphone for emergencies.



For more information, visit www.lsuagcenter.com/healthycommunities