

Moving around during the COVID-19 outbreak



Whenever feasible, consider riding bicycles or walking.

This provides physical distancing while helping you to meet the minimum requirement for daily physical activity, which may be more difficult due to increased teleworking, and limited access to sport and other recreational activities.



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ACTIVE MOBILITY AND COVID-19: the individual perspective

- Provides access while **maintaining physical distance**;
- Helps meeting minimum requirements for daily **physical activity**;
- Highly **feasible** (more than 50% of car trips are shorter than 5 km)
- Helps **reducing the need for private motorized transportation** as an alternative to public transport

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance-OLD/coronavirus-disease-covid-19-outbreak-technical-guidance-europe-OLD/moving-around-during-the-covid-19-outbreak>

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ACTIVE MOBILITY AND COVID-19: the societal perspective

- **Strengthening urban resilience, notably by reducing pressure on public transport.** Needs to be supported by:
 - Interventions to provide safe infrastructure;
 - Policies and financial instruments to facilitate sustainable mobility and teleworking;
 - Flexible entry and exit timetables to reduce “peak hours” occupancy of public transport
 - Home deliveries
 - Access to services, goods and amenities “in proximity”
- Achieving environmental objectives
 - Air quality, noise, climate change, land consumption, public space use, congestion, urban deterioration
- Quality of urban life
- Intergenerational solidarity



Supporting healthy urban transport and mobility in the context of COVID-19



Œuvrer pour la santé dans les transports urbains et la mobilité dans le contexte de la COVID-19



**Träglicher
ahme und
ädten unter den
Bedingungen von COVID-19**



**по развитию
здоровья
ранспорта
и средств передвижения в
контексте COVID-19**

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