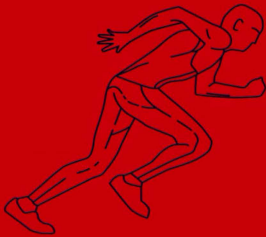# HOW TO RUN SAFELY

- STAY HYDRATED

- RUN IN GROUPS

- WEAR BRIGHT COLORS

- TRY TO RUN IN DAYLIGHT

- SOCIALLY DISTANCE AND HAVE A MASK AT HAND

- BE AWARE OF YOUR SURROUNDINGS

- TRUST YOUR INSTINCTS