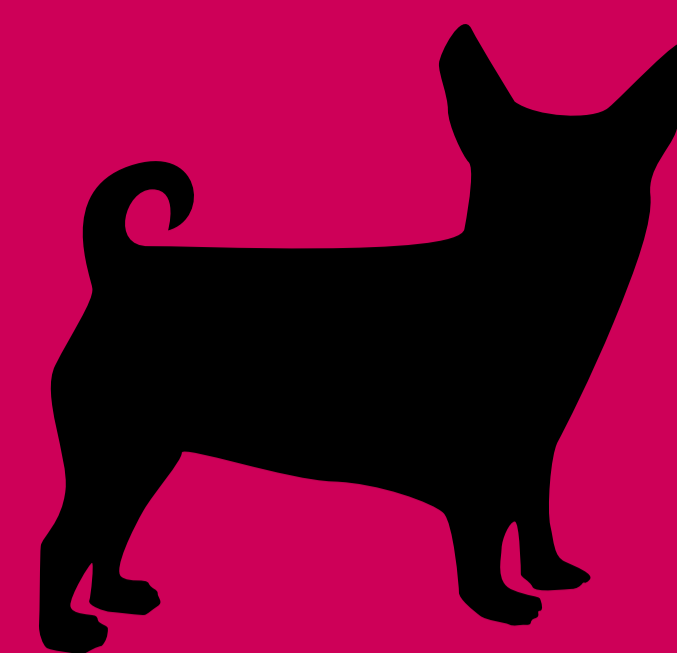


# Dogs can help us address social isolation!



## Did you know that:



1

**Dog-walking is a great way to get exercise.**

And to get to know our neighbours and neighbourhood.



2

**Dogs love their walks.**

And help us get out and moving even when we'd rather stay in.



3

**Lots of people don't walk their dogs but those who do are more likely to get enough exercise to meet public health recommendations.**

Plus they meet their neighbours.



4

**Even people without dogs can benefit from dog-walking:**

- ◆ By getting to know neighbours who are out with their dogs
- ◆ By feeling safer when they recognize regular dog-walkers – and their dogs – knowing that they are keeping an eye on things
- ◆ By taking regular walks with neighbours, friends, or family and *their* dogs!



5

**Following the rules makes a difference.**

When people pick up, leash, and keep their dogs under control, it helps encourage others to get out walking and keeps our interactions pleasant. Remember to follow responsible pet ownership bylaws, physical distancing, and other public health measures as appropriate.



6

**Checking in before making contact will keep everyone safe - people and dogs, too.**

Not everyone will appreciate an enthusiastic hello from Fido, but Fido may not be feeling sociable either.