

**Be safe and be seen:**

- Wear light colored clothing and reflective materials.
- Carry a flashlight to see at night.
- Be seen while crossing streets.



**Be Safe and Alert:**

- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Don't assume vehicles will stop. Make eye contact with drivers.
- Be aware of surroundings, watch for hazards in your path



**Be prepared**

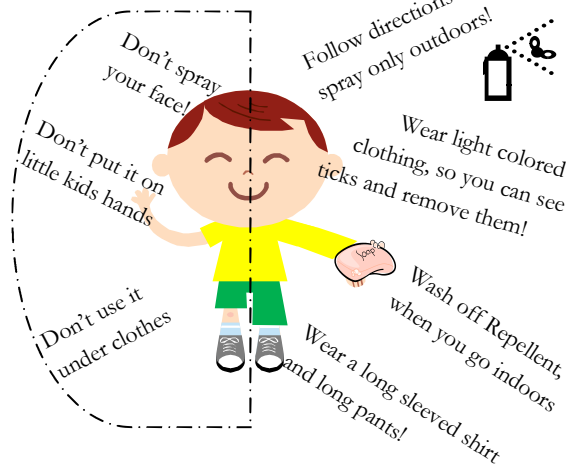
- Find a buddy, safety in numbers
- Stay hydrated, walk with water.
- Tell someone, where and when you walk.
- A good pair of shoes is all you need. Ideally they should be light and flexible with plenty of room around the toe so you can stretch your feet.
- Plan your route.
- Wear a watch, to time your walks
- Wear a pedometer to track your distance and steps!



# Prevent Lyme Disease Use Insect Repellents Safely!

**Don't**  
do this Stuff

**Do**  
this Stuff



**Dress to REPEL!**

For More Information on HEAL Schuyler  
[WWW.SCHUYLERCOUNTY.US/HEAL](http://WWW.SCHUYLERCOUNTY.US/HEAL)



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**Town of  
Montour**

## Trails & Recreation Areas



# Town of Montour

