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Paris bans daytime exercise – 11th April, 2020

Level 4

Paris is taking extra action to stop the rise in COVID-19 infections. Parisians can no longer exercise outdoors between the hours of 10am and 7pm. This is because people went into the streets in recent good weather. They broke lockdown rules. There have been over 10,000 deaths in France. It is in fourth place on the world fatalities list. The mayor of Paris said the new rule would help stop the virus from spreading. It could also help to flatten the curve.

Scientists said there is more of the virus in the air when people exercise. When cyclists or joggers sneeze, cough or exhale, micro-particles stay longer in the air and spread farther. People behind them have to walk through a cloud of droplets. People should avoid those who exercise. They should give walkers four metres, runners 10 metres and cyclists at least 20 metres. The message is simple - stay at home and follow social distancing rules when outside.

Level 5

Authorities in Paris are taking extra measures to contain the surge in COVID-19 infections. Parisians can no longer exercise outdoors during the day. There is a ban on exercising outside between the hours of 10am and 7pm. This is in reaction to more people taking to the streets in recent good weather and flouting lockdown rules. There have been over 10,000 deaths in France. It is fourth place on the fatalities list behind Italy, Spain and the USA. The mayor of Paris said the new rule would help stop the virus from spreading, and lead to a flattening of the curve.

Scientists explained that there is a greater viral load in the air when people exercise. When a cyclist or jogger sneezes, coughs or even exhales, micro-particles stay longer in the air and spread farther than when someone is walking. This is a danger to people behind them who have to walk through a cloud of droplets. The scientists said people should avoid those who exercise. Walkers should get four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to elsewhere in the world - stay at home and follow social distancing rules when outside.

Level 6

Authorities in Paris have taken extra measures in an attempt to contain the COVID-19 pandemic. They have banned people exercising outdoors during the day to try and stem the surge in the number of infections and deaths. No one will be allowed to exercise outside of their home between the hours of 10am and 7pm. The move is in reaction to greater numbers of people taking to the streets in recent good weather and flouting lockdown rules. There have been over 10,000 deaths in France, putting it in fourth place on the fatalities list behind Italy, Spain and the USA. Paris Mayor Anne Hidalgo said the new ruling would prevent further transmission of the virus and lead to a flattening of the curve.

Scientists from the Eindhoven University of Technology explained that when people exercise, there is a greater spread of viral load in the air. They said that when a cyclist or jogger sneezes, coughs or even just exhales, the micro-particles linger longer in the air and spread farther than when someone is simply walking. This poses a danger to the person coming behind them who has to pass through a cloud of droplets. The scientists advised that people who exercise should be given a wider berth. They said walkers should get at least four metres, runners 10 metres and cyclists at least 20 metres. The message in France is similar to that throughout the world - stay at home and follow social distance rules when outside.