

COVID-19: Carpooling

COVID-19 is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet)
- Through droplets produced when an infected person coughs, sneezes or talks

If you rely on carpooling as a driver or passenger to get to or from work, follow these tips to reduce your risks of COVID-19 exposure.

- **Stay home if you are sick**



- **Everyone should wear a cloth face covering**

- **Limit contact**

- Try to ride with the same people; do not mix the group.
- Use the car's vents to bring in fresh outside air and/or lower the vehicle windows.
- Avoid offering or sharing water bottles, snacks or other items.
- Limit close contact inside the vehicle, when possible. Stay at least 6 feet away from each other when outside the vehicle.
- Every person should handle their own bags and belongings.



- **Clean and disinfect**

- Clean and disinfect high-touch surfaces in your vehicle, such as door handles, arm rests, steering wheel and seat belts.

- **Practice everyday prevention actions**

- Do not touch your eyes, nose or mouth.
- Everyone should wash their hands with soap and water, or use an alcohol-based hand sanitizer, before getting into the vehicle and after getting out of the vehicle.
- Cover your mouth and nose with tissues if you cough or sneeze. Throw the used tissue in the trash after getting out of the vehicle.



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