



# COVID-19 Guidance for Carpooling to Work

COVID-19 is primarily transmitted via direct contact and droplets propelled for various distances.

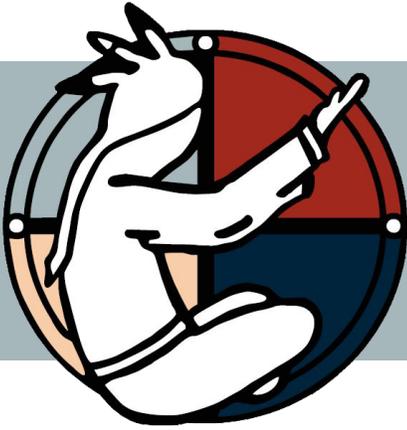
**Due to the fact that it is difficult to maintain the 6 feet of physical distance in a vehicle we are strongly recommending that you DO NOT CARPOOL TO WORK.** Health experts are generally making this recommendation as the MOST SAFE DECISION at this time.

Like many COVID-19 scenarios, determining the probability of spread through carpooling is unknown at this time. The scientific evidence surrounding COVID-19 continues to evolve, and we will continue to monitor guidance recommendations. These guidelines are based on the best available information at this time. We know that not everyone will be able to stop carpooling and realize that going to work is essential. **Here are ways to help prevent the spread of COVID-19 if you must carpool:**

1. **SCREEN:** COVID-19 screen prior to carpooling. If you are sick, stay at home and do not carpool.
2. **HAND HYGIENE:** Sanitize your hands using at least 70% alcohol prior to entering the vehicle.
3. **AVOID TOUCHING FACE:** Avoid touching your eyes, mouth and nose with your hands.
4. **FACE COVER:** Wear a non-medical face cover when carpooling.
5. **PHYSICAL DISTANCE:** Have a passenger sit in the back seat on the passenger side.
6. **LIMIT PASSENGERS:** Limit the number of people in your vehicle to 2. Ride to work with the same person.
7. **IMPROVE VENTILATION:** Use fresh air through vents and windows. Do not use the recirculated air while passengers are in your vehicle.
8. **COVER COUGHS & SNEEZES:** Be sure to cough and sneeze into your arm.
9. **CLEAN & DISINFECT SURFACES OFTEN:** Clean frequently touched surfaces like door handles, steering wheel, locks, window controls etc.
10. **PERSONAL ITEMS:** Place personal items in trunk.

Questions? Call the Health Centre

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## REFERENCES

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