



# COVID-19 Carpooling advice

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

## Wash or sanitize your hands

Before getting in the vehicle and after exiting, wash your hands thoroughly with soap and water for at least 15 seconds or use an alcohol-based hand sanitizer.



## Increase cleaning and disinfecting of high-touch surfaces

Clean and disinfect common use areas in your vehicle such as car door handles, arm rests, steering wheel and seat belts.



## Wear a mask or face covering

Wear a mask or face covering to reduce the spread of your own respiratory droplets to others

## Open vehicle windows

Keep vehicle windows open while driving to improve air circulation.



## Practice physical distancing

It may be difficult to maintain the required 2 metres between individuals in a vehicle. Limit the number of people in a vehicle. Where possible, ride with the same person every day and no one else.



## Practice proper respiratory (cough and sneeze) etiquette

Cough or sneeze into a tissue and put the tissue immediately into a disposable plastic bag and use an alcohol-based hand sanitizer to clean your hands. If you don't have a tissue, cough or sneeze into your elbow or sleeve, not in your hands.

Before you go to work each day, use Ontario's COVID-19 screening tool  
<https://covid-19.ontario.ca/screening/worker/symptoms>

Seek assessment and testing if indicated by the screening tool.

For information about assessment and testing centres in Waterloo Region visit [regionofwaterloo.ca/COVID19testing](https://regionofwaterloo.ca/COVID19testing)



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