

# COVID-19

## Carpooling? Ride share?

### Reduce the spread of COVID-19 while travelling with people outside your household

#### Before the trip

Always complete a COVID-19 symptom check before carpooling.

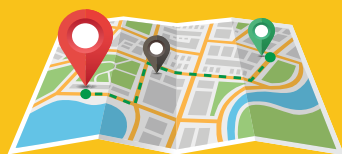
**Unless you need medical care or testing, do NOT travel if you have:**

- COVID-19 symptoms
- Travelled outside of Canada within the last 14 days
- Been told to self-isolate by Public Health



- Spread out as much as possible. If there are two people, the driver should be alone in the front.
- Wear a mask over your nose and mouth.
- Travel with the same people each time.

#### During the trip



Keep your trips as short as possible.



Open windows in the vehicle to allow air in.



Set the vehicle's ventilation to bring in fresh outside air. DO NOT recirculate the air.



Avoid eating or drinking in the car.

#### Cleaning



Clean high contact areas (such as seat belts and door handles) every time you leave the vehicle.



If vehicles are shared on the job, clean between each shift.



Clean your hands when you get in and when you leave.

#### At work

If you are carpooling with another employee at your worksite, tell your employer. Your employer may use this information when making their COVID-19 Safety Plan.