

Safe Commute Tips

Carpooling

While difficult to achieve physical distancing requirements (2 metres/6 feet) in a personal vehicle, there are things you can do to minimize risk factors.



Less is more: reduce the number of carpoolers sharing a vehicle. If this is not possible, you may choose to wear non-medical masks. Practice proper sneeze and cough etiquette and ensure you have hand sanitizer.



Clean & disinfect: increase the amount of cleaning and disinfecting of high touch areas, such as seatbelts, door handles, radio, window buttons, dashboard and steering wheel.



Fresh air: consider keeping windows open, and using the air vents to bring in fresh air from outside to improve air circulation in the vehicle.

Public Transit

Transit providers have undertaken additional safety measures and made operating changes to keep their employees and passengers safe.



Keep a 2 metre distance from others: where possible, keep a minimum of 2 metres (6 feet) of distance away from people during your travels - while on transit, at bus stops and in terminals.



Check the schedule: many transit providers are currently running reduced services, especially during peak rush hour. Consider travelling during off-peak times when routes may be less busy.



Grab the handrail: you may hesitate to touch handrails, but it's better to keep yourself safe and prevent a fall. Use hand sanitizer afterwards, avoid touching your face, and wash your hands as soon as possible.



After you arrive at your destination wash your hands with soap and water for at least 20 seconds or use Health Canada approved hand sanitizer.



On average, we touch our face 16 times per hour. Try to avoid touching your face.



It is highly recommended that transit passengers wear a face covering or non-medical mask at all times during their travels on public transit.



Sneeze or cough into a tissue and wash your hands. If you don't have a tissue, cough or sneeze into your upper sleeves or elbow.



Studies have shown that we touch our phone up to 2,000 times a day! Avoid sharing your phone and keep it sanitized.

Remember: If you're feeling sick, you need to stay home.

As the situation changes, it is important to consult your local public health agency for changes in protocol.

Sources:

<https://www.ontario.ca/page/face-coverings-and-face-masks>

<https://www.ontario.ca/page/covid-19-stop-spread>

<https://files.ontario.ca/mto-guidance-public-transit-agencies-and-passengers-covid-19-en-2020-06-11-v3.pdf>

<https://www.yrt.ca/en/riding-yrt-during-covid-19.aspx>

https://www.ttc.ca/Riding_the_TTC/Safety_and_Security/Riding_the_TTC_during_the_COVID-19_pandemic.jsp

<https://www.york.ca/covid19>