

COVID-19 Carpooling advice

Region of Waterloo Public Health recommends you work from home or use a private vehicle whenever possible. 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.

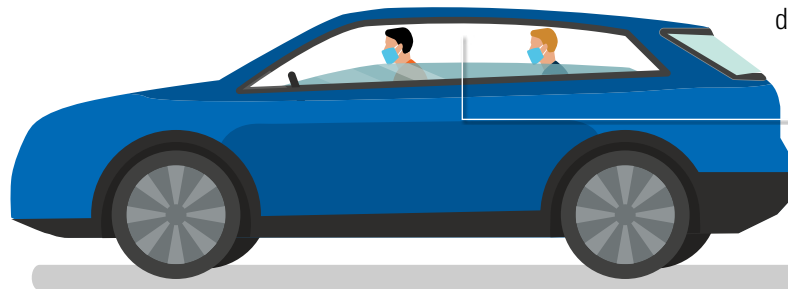


Wear a mask or face covering

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



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

regionofwaterloo.ca/COVID19