

COVID-19

Safe Carpooling



Carpooling is not recommended during the pandemic

If you must ride with others, these tips help prevent the spread of COVID-19

- **Stay home if you are sick or have had close contact with someone who has COVID-19**
- Always wear a mask when riding with others
- Do not remove your mask to eat or drink
- Cough or sneeze into a tissue or your inner elbow
- Open windows to get the most fresh air – even in winter (turn up the heater)
- Fully clean and disinfect all surfaces before and after each trip
- Wash or sanitize your hands before and after each trip
- Limit the number of riders and stay as far apart as possible
- Ride with the same people every day and no one else
- Stay at least 2 metres (6 feet) from others when waiting for a ride

Learn more at ahs.ca/covid

**We're in this together.
We'll get through it together.**

