

Ridesharing Safely During COVID-19



If you share rides with people who don't live with you, there are ways for you to reduce your risk of exposure to the COVID-19 virus while riding in a car, van or bus.

Here are some tips for healthy ridesharing:

- Wear a face covering at all times and don't ride in a vehicle if the driver or other passengers are not wearing face coverings that cover their nose and mouth
- Try to sit as far away from others as you can, six feet apart if possible
- Open the car or van windows (or set the air ventilation/air conditioning on non-recirculation mode)
- Wash your hands before and after your ride
- Try not to talk with others too much – talking can spread the virus
- If you have hand sanitizer, bring it with you in the car or van and use it if you touch a frequently touched surface
- Try not to eat or drink while riding in the vehicle
- Cover your mouth if you sneeze or cough
- STAY HOME if you are sick

