

# Share the Drive to Work Safely

## Current Guidelines for Car/Vanpooling



When you carpool or vanpool to work, you can stay safe and protect the health of others by following these simple health and safety guidelines.



### 1. Wear a mask

- Wear a mask in the vehicle or when you're not at home or in a protected space
- Make sure your mask is properly fitted and provides adequate protection according to CDC recommendations ([www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html))
- Only ride with passengers and drivers who are masked



### 2. Improve Ventilation

- Open the vehicle's vents to bring in outside air or lower the windows to increase airflow when possible



### 3. Maintain Physical Distancing

- In a carpool, the passenger should sit furthest from the driver in the rear seat opposite the driver
- Limit the number of people in your carpool or vanpool when possible to maintain adequate physical distancing, and try to keep your "pool" to the same people or household members



### 5. Follow good hand hygiene practices

- Before you leave home or work to use any type of transportation, or when you arrive at your destination, wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands



### 6. Clean and disinfect surfaces regularly.

- While the danger of transmission from surfaces is low according to the [CDC](https://www.cdc.gov), avoiding contact with frequently used surfaces like door handles and frames is recommended. Wipe down frequently touched surfaces with a disinfectant or soap and water

Stay up to date with the state's [guidelines and recommendations](#).

For more information visit [CTrides.com](https://CTrides.com)