

COVID-19: CARPOOLING ADVICE

York Region 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.

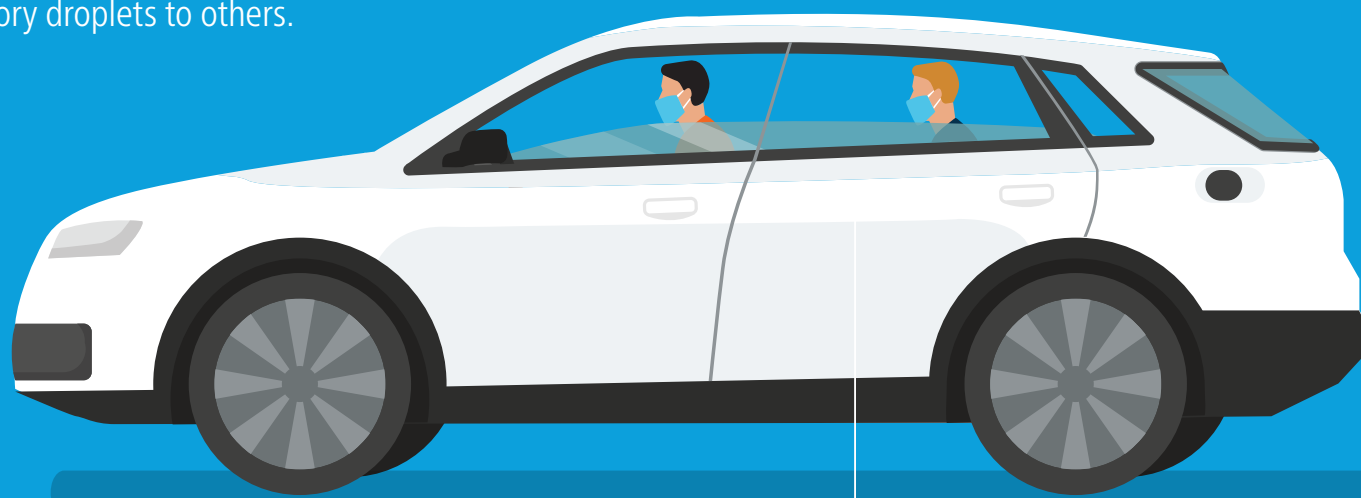


Wear a mask or face covering

Wear a three-layer non-medical mask or a 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 proper respiratory (cough and sneeze) etiquette

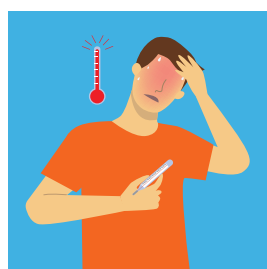
Cough or sneeze into a tissue and put the tissue immediately into a disposable plastic bag and use an alcohol-based hand sanitizer to clean your hands. If you don't have a tissue, cough or sneeze into your elbow or sleeve, not in your hands.



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 people every day and no one else.

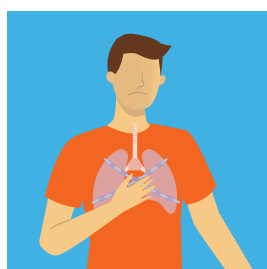
IF YOU HAVE SYMPTOMS OF COVID-19 SEEK ASSESSMENT AND TESTING



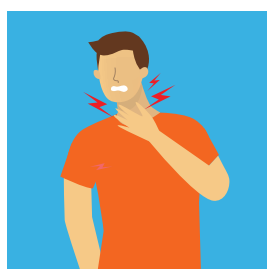
FEVER
(TEMPERATURE OF 37.8°C OR GREATER)



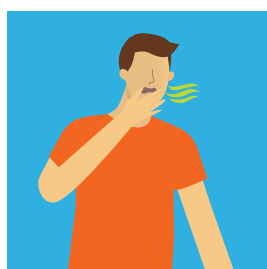
NEW OR WORSENING COUGH



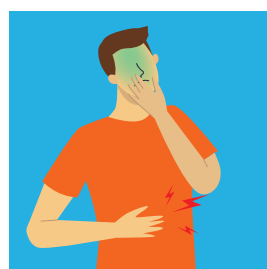
SHORTNESS OF BREATH



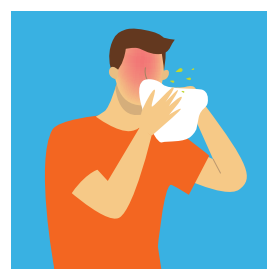
SORE THROAT OR DIFFICULTY SWALLOWING



NEW SMELL OR TASTE DISORDER(S)



NAUSEA/VOMITING, DIARRHEA, ABDOMINAL PAIN



RUNNY NOSE, OR NASAL CONGESTION UNRELATED TO SEASONAL ALLERGIES, POST NASAL DRIP ETC.

Seek assessment and testing at one of the three COVID-19 Assessment Centres in York Region: Markham Stouffville Hospital, Mackenzie Health, Southlake Regional Health Centre.

The most important thing you can do is stay home when you are sick.

Under the Occupational Health and Safety Act, employers must take precautions to keep workers safe, including keeping them informed, creating policies and procedures and ensuring workers use the right protective equipment.

For more information, visit
york.ca/COVID19


York Region