Reduce the spread of COVID-19 while travelling with people outside your household

**Before the trip**

Always complete a COVID-19 symptom check before carpooling.

Unless you need medical care or testing, do NOT travel if you have:

- COVID-19 symptoms
- Travelled outside of Canada within the last 14 days
- Been told to self-isolate by Public Health

- Spread out as much as possible. If there are two people, the driver should be alone in the front.
- Wear a mask over your nose and mouth.
- Travel with the same people each time.

**During the trip**

- Keep your trips as short as possible.
- Open windows in the vehicle to allow air in.
- Set the vehicle’s ventilation to bring in fresh outside air. DO NOT recirculate the air.
- Avoid eating or drinking in the car.

**Cleaning**

- Clean high contact areas (such as seat belts and door handles) every time you leave the vehicle.
- If vehicles are shared on the job, clean between each shift.
- Clean your hands when you get in and when you leave.

**At work**

If you are carpooling with another employee at your worksite, tell your employer. Your employer may use this information when making their COVID-19 Safety Plan.