

Carpooling

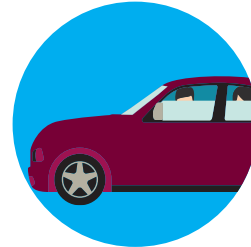


**VIRGINIA'S
HEALTH
IS IN OUR
HANDS.**
Do your part,
stop the spread.

It's safer to travel in your own vehicle. But if you must carpool, these tips will help prevent the spread of COVID-19:



Wear masks in a shared vehicle.



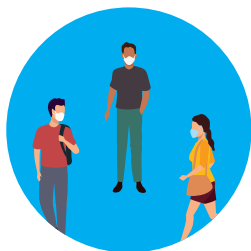
Use fresh air through vents or windows.



Cover coughs and sneezes.



Clean and disinfect surfaces often.



Limit the number of people.



Use proper hand hygiene.



Ride to work with the same people.



Stay at least six feet apart while waiting.

If you are sick or had close contact with a person with COVID-19 in the past 14 days, stay home unless seeking medical care. For more information on how to stay safe at work, visit [vdh.virginia.gov](https://www.vdh.virginia.gov).

VDH VIRGINIA
DEPARTMENT
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