Carpooling
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.