

# Stay safe and healthy when using public transportation

Germs that can make us sick, including COVID-19, can be easily spread in the small, often crowded spaces of public transportation. Although traveling in a single vehicle can reduce exposure to these germs, not everyone has access to a vehicle. Many people rely on buses, trains, or ride shares to get to work, visit and care for family, shop for food and household items, and visit health care facilities. It can be hard to follow social distancing recommendations when you're crammed into a crowded subway car or bus.

## Below are some safety tips and best practices to follow when using public transportation.

- **Stay home if you are sick.** People who are sick or have recently had close contact with a person with COVID-19 should not use public transportation and should stay home except to seek medical care. This helps to protect everyone who rides.
- **Before you leave:**
  - Wash your hands with soap and water for at least 20 seconds or use hand sanitizer.
  - Pack sanitizing wipes and hand sanitizer.
- **Wear a face mask or covering.** People over the age of 2 years should wear a face covering to protect themselves and others. Bring your face covering to wear at times when social distancing is difficult.
- **Use a tissue or your sleeve to cough or sneeze.** Throw used tissues in the trash and wash your hands immediately with soap and water for at least 20 seconds or use hand sanitizer.
- **Leave an empty seat or row if possible.** Try to keep at least 6 feet from people who are not in your household. If someone is coughing or sneezing, try to move away from them.
- **Travel during non-peak hours.** There are likely to be fewer people during non-peak hours. If possible, try to leave work a bit earlier or later to avoid packed public transit during rush hour.
- **Avoid touching your face.** Avoid touching your eyes, nose, and mouth with unwashed hands. Do not eat or drink while on public transit since there is a higher chance you will touch your face.
- **Avoid or limit contact with frequently touched surfaces.** Try not to touch surfaces such as kiosks, touchscreens, ticket machines, turnstiles, handrails, and elevator buttons, whenever possible. If possible, use your hips or shoulders instead of hands to open doors or move turnstiles.
- **Pay attention to contact with your personal items.** Limit touching with your phone. Wash your bags or clean them with a sanitizing wipe regularly and keep them off of the floor and other surfaces.
- **Wash your hands again at your destination.** Use soap and water for at least 20 seconds or use hand sanitizer as soon as possible once you reach your destination.

To protect yourself and those around you, follow the safety tips and recommendations from your local health department and the CDC.

For more information and guidelines on keeping yourself safe during COVID-19, visit Healthwise Knowledgebase and search "COVID-19" or visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/>.

