

## CAR TRAVEL & “GRANDPARENTING”

For safer and happier holidays, share this information with friends and family!

### CDC GUIDELINES DURING COVID-19: DAILY LIFE/COPING/USING TRANSPORTATION

This page includes information on using transportation in your local community to accomplish everyday activities:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html#>

Below is an extraction of 3 sections that are especially important when “Grandparenting”:

(1) General Principles for All Types of Transportation

(2) Ride Share, carpool, taxi, limo for-hire vehicle

(3) Personal Vehicles

#### (1) For All Types of Transportation

When using any type of transportation, follow these General Principles:

##### **Practice hand hygiene and respiratory etiquette**

- Before you leave, [wash your hands](#) with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Once you reach your destination, [wash your hands again](#) or use hand sanitizer as soon as possible.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw used tissues in the trash and wash your hands immediately with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

##### **Social distance**

- During travel, try to keep at least 6 feet (2 meters, approximately 2 arms’ length) from people who are not in your household — for example, when you are waiting at a bus station or selecting seats on a train.

##### **Wear a mask**

- Wear a [mask](#) in public settings, like on public and mass transportation, at events and gatherings, and anywhere you will be around other people.
  - [Masks](#) should **not** be placed on:
    - Babies and children younger than 2 years old
    - Anyone who has trouble breathing
    - Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance
- Masks are meant to protect other people in case you are unknowingly infected and do not have symptoms.

## **(1) For All Types of Transportation** (continued)

### **Stay home when appropriate**

- [If you are sick](#), have recently had a [close contact](#) (within 6 feet for a total of 15 minutes or more) to a person with COVID-19, or are waiting for COVID test results, avoid using transportation options that may put you in close contact with others (e.g., public transit, rideshare, or taxis). *Stay home except to seek medical care.*
- If you are [sick](#) and public transportation is your **only** option when seeking medical care, wear a [mask](#) over your nose and mouth, practice [social distancing](#) (staying at least 6 feet away from other people as much as possible), and practice [hand hygiene](#), including using hand sanitizer with at least 60% alcohol if soap and water are not readily available. *For non-emergency medical care, make an appointment ahead of time and, if using public transportation, travel during non-peak hours, if possible.*

### **Bring supplies**

- Before traveling, *pack sanitizing wipes and hand sanitizer with at least 60% alcohol* (in case you are unable to wash your hands at your destination).
- *Wear your [mask](#) in public settings*, like on public and mass transportation, at events and gatherings, and anywhere you will be around other people, for example, while riding on a train or bus, waiting at a rest stop, or riding in a car with people outside your household.
- *Bring extra masks and a sealable plastic bag.* If your mask gets wet or dirty, put a clean mask on and put the wet or dirty mask in the plastic bag until you can wash it.

### **Protect people at risk for severe illness from COVID-19.**

- Individuals who have [an increased risk of severe illness from COVID-19](#) should *consider the risks and benefits of non-essential travel.*

## **(2) Rideshare, carpool, taxi, limo for-hire vehicle**

Follow the [general principles listed above](#), plus the following:

### **Avoid riding with unmasked drivers or passengers**

- *Don't ride in a vehicle if the driver or other passengers who don't live with you are not properly wearing face masks.*

### **Avoid touching surfaces**

- *Avoid contact with surfaces frequently touched by passengers or drivers, such as the door frame and handles, windows, and other vehicle parts. When you must touch these surfaces, use a hand sanitizer containing at least 60% alcohol as soon as possible afterwards.*
- *Don't accept offers of free water bottles and avoid touching magazines or other items that may be provided to passengers.*
- *Use touchless payment when available.*

## **(2)Rideshare, carpool, taxi, limo for-hire vehicle** (continued)

### **Social distance**

- *Limit the number of passengers in the vehicle to only those necessary (for example, if running essential errands, choose one or two family members who are not at higher risk for severe illness).*
- *Avoid shared rides where multiple passengers are picked up who are not in the same household.*
- *Sit as far as possible from the driver, such as in the rear seat diagonally across from the driver. In larger vehicles, such as vans and buses, sit in the back seat so you can remain at least six feet away from the driver.*

### **Improve ventilation**

- *Ask the driver to improve the ventilation in the vehicle if possible — for example, by *opening the windows or setting the air ventilation/air conditioning on non-recirculation mode.**

### **Practice hand hygiene**

- *After leaving the vehicle, use hand sanitizer containing at least 60% alcohol.*
- *When you arrive at your destination, [wash your hands](#) with soap and water for at least 20 seconds.*

## **(3) Personal vehicles**

Follow the [general principles listed above and the principles on distancing and improving ventilation](#), plus the following:

### **Clean and disinfect surfaces**

- **[Clean and disinfect](#)** frequently touched surfaces regularly (for example, the *steering wheel, gear shift, door frame/handles, windows, radio/temperature dials, and seatbelt buckles*).
- *When using parking meters and pay stations, consider using alcohol wipes to disinfect surfaces or use hand sanitizer containing at least 60% alcohol after use. Wash hands with soap and water for at least 20 seconds as soon as possible.*

**Stay Healthy & Stay Connected!**

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