ALTERNATIVE AND ACTIVE COMMUTING SAFETY DURING COVID-19

When active and/or alternative commuting, please be mindful of safety measures to help reduce the spread of coronavirus within the community. Below are tips to keep one another safe during this unprecedented time.

Bicycling

Disinfect helmet before trips

Ensure you have all items needed while traveling to avoid unnecessary stops

Wipe down bicycle after usage – especially if using a bike rack

Practice proper hand hygiene – wash hands for at least 20 seconds with soap and warm water after biking

<u>Bus</u>

Enter and exit the bus through rear entry doors

Limit close contact with others by maintaining social distance guidelines of 6 feet when possible

Practice proper hand hygiene – was your hands for at least 20 seconds with soap and warm water

Stay home if you are feeling sick

Source: Center for Disease Control and Hospital for Specialty Surgery