

RIDESHARING TIPS FOR FARM WORKERS

TIPS TO PROTECT YOURSELF FROM COVID-19



DON'T SHARE RIDES IF YOU ARE SICK

Only ride when well. If you are sick or experiencing symptoms stay home and do not go to work. Call your doctor if you are sick.

WEAR A CLOTH MASK OR FACE COVERING AT ALL TIMES
Everyone in the vehicle should wear a face covering, driver included, even if no one is showing symptoms. In some cases of COVID-19 individuals do not show symptoms. Wearing coverings can minimize the risk if you travel in a car with others.



LIMIT PASSENGERS AND MAXIMIZE DISTANCE

Try to create as much physical distance as possible between yourself, other passengers, and driver.



WASH YOUR HANDS & AVOID TOUCHING YOUR FACE
Wash your hands before entering the vehicle and after exiting. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



DRIVE WITH THE WINDOWS DOWN

If possible, keep the kindows open when traveling to increase airflow.



WIPE DOWN AND DISINFECT YOUR VEHICLE AFTER RIDES
Wipe down all frequently touched surfaces in the vehicle, such as door handles and seatbelts, with disinfectant.



For more information visit: www.fcdph.org/covid19