

## COVID-19 Public Health Guidelines: Car Travel

This document provides public health guidance for people who are travelling in a car with those outside of their household.

### Check for COVID-19 symptoms

- Drivers and passengers should complete the online [COVID-19 self-assessment](#) before travelling.
- **Stay home if you have [symptoms](#) of COVID-19, have travelled outside of Canada in the last 14 days, have been instructed to self-isolate or have been in contact with someone who has COVID-19 symptoms or has travelled.**

### Wear a mask

- Drivers and passengers should wear masks or face-coverings that cover the nose, mouth and chin without gaping.

### Maximize physical distance and reduce contact

- Keep a minimum physical distance of two metres (six feet) between people when loading and unloading the car. If a passenger requires assistance, sanitize hands afterwards.
- Maximize the distance between drivers and passengers as much as possible. Consider having passengers sit in the back seat.
- Do not drive multiple people, unless they are part of the same household.

### Keep hands and surfaces clean

- Passengers should wash their hands or use hand sanitizer before and after travelling in the car.
- Drivers should wash their hands or use hand sanitizer before and after each passenger.
- Disinfect high-touch surfaces (for example, door handles) frequently using a disinfectant wipe.
- Practice respiratory etiquette by coughing or sneezing into the elbow or a tissue.

### Increase fresh air intake

- Open windows to improve fresh air intake and avoid using the recirculated air option.

### Keep a list of passengers

- Drivers should keep a list of the date, name and contact information of each passenger for contact tracing purposes if required.
- Passengers should write down the name and contact information of their driver.