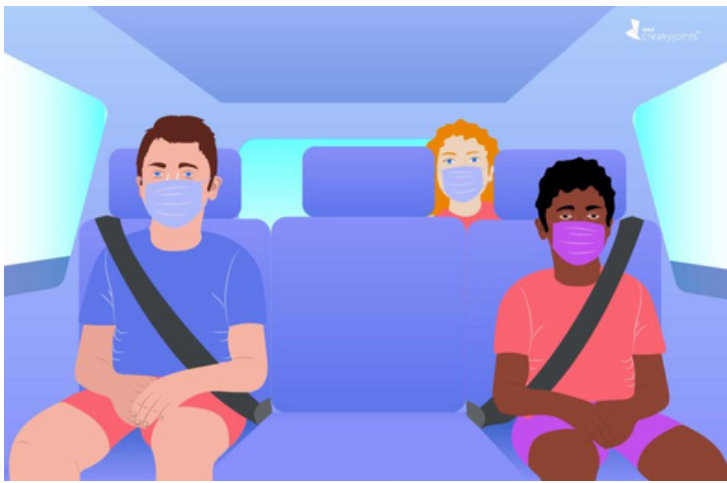


COVID & CARPOOLING

CARPOOLING HAS LEAD TO COVID-19 OUTBREAKS IN NJ
STOP THE SPREAD!



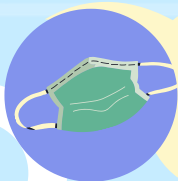
COVID-19 spreads from person to person through respiratory droplets produced when coughing, sneezing, or talking. Although there are many advantages to carpooling, here are some things to consider when you drive people outside your household or allow your child to travel with others.

REDUCE YOUR RISK



STAY HOME

If you or your child has symptoms, don't get in the car.



MASK UP!

Require everyone in the car to wear a mask at all times.



WINDOWS DOWN

Keep windows open whenever possible so air can circulate.

LIMIT PASSENGERS

Sit as far apart as possible, make every other seat empty unless from same household.



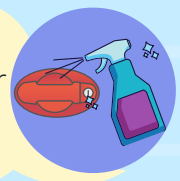
AVOID CARPOOL KARAOKE

Shouting and singing increases risk of droplet transmission.



CLEAN AND DISINFECT

Clean door handles and other high touch areas.
WASH YOUR HANDS!



Monmouth County Regional Health Commission No. 1

1540 West Park Ave. Ocean, NJ 07712
www.mcrhc.org * 732-493-9520