



Working Together to Prevent the Spread of Coronavirus

As you may be aware, the Coronavirus (COVID-19) has affected some residents in the Pacific Northwest, including a few in Oregon.

To prevent the spread of coronavirus, we all need to work together. We are recommending your vanpool group take steps in your commuter vanpools.

1. If you or other riders are experiencing symptoms of the virus, it is essential for the health and well-being of the community for you to please stay home or telework. As during any cold and flu season, each of us should **cover all coughs and sneezes, avoid touching parts of our face** to avoid picking up the virus and **wash our hands frequently**. Due to the small, enclosed environment of your commuter vanpool, we encourage participants to be extra discerning when they are experiencing cold or flu-like symptoms.
2. We are recommending drivers and participants use **disinfectant wipes** and **spray** to clean vehicles and **carry hand sanitizer**. Before and after the commute, we recommend you wipe down vehicle surface areas including: door handles (inside and out), steering wheel, armrests, seatbelts/seatbelt buckles, seats, and knobs (including climate control, radio, glove box, etc.). Key fobs and fuel cards should also be wiped down.
3. If your group is missing a driver or needs to be parked for an unknown period of time (more than one week) due to employer-requested telecommute or illness, please send an email to vanpool@LTD.org and provide a short description of your situation. We will work with your group to explore available options.

We understand these recommendations may cause additional group communication and effort by drivers and participants and we appreciate your dedication to our program and to your group's health. Thank you in advance and thank you for being a part of our program. We welcome any feedback or best practices you and your group comes up with.

Routine tips to help prevent the spread of disease.

Medical health professionals urge everyone to apply the same routine habits for coronavirus that are recommended to prevent the spread of flu. These routine habits include:

1. Washing your hands often throughout the day for at least 20 seconds with warm water and soap (or alcohol-based hand gel).
2. When coughing or sneezing, cover your mouth and nose with a tissue (or cough into your arm).
3. Avoid touching your eyes, nose, and mouth.
4. Disinfect frequently touched objects and surfaces, which includes regularly wiping down your phone or mobile device.

If you're feeling ill, help yourself and those around you by . . .

1. Staying home.
2. Waiting at least 24 hours after a fever has subsided before returning to work or leaving home.
3. Seeking medical care if symptoms are persistent or turn severe.

If you're not having any symptoms, there is no need to change your daily routine.

It's important to know the facts. Additional information is available on the [Centers for Disease Control and Prevention website](#). For more scientific information, [go here](#).