

## Commuting Safely During the COVID-19 Public Health Emergency

COVID-19 continues to spread in our communities. As we move around the city more for work, school and other needs, it is important to continue to take steps to help prevent transmission of COVID-19.

No matter how you travel, remember the four key actions to prevent COVID-19 transmission:

- **Stay home if sick:** Stay home if you are sick unless you are leaving for essential medical care (including COVID-19 [testing](#)) or other essential errands.
- **Physical distancing:** Stay at least 6 feet away from other people.
- **Wear a face covering:** Protect those around you. You can be contagious without having symptoms and spread the disease when you cough, sneeze or talk. Face coverings help reduce the spread of COVID-19.
- **Practice healthy hand hygiene:** Wash your hands often with soap and water or use hand sanitizer if soap and water are not available; clean frequently touched surfaces regularly; avoid touching your face with unwashed hands; and cover coughs and sneezes with your arm, not your hands.

### Before you leave

- Be prepared – bring an alcohol-based hand sanitizer, disinfecting wipes and a face covering.
- Make a travel plan — think about the most direct, least crowded and safest way to go.
- Timing is everything — travel during non-peak hours if possible and allow extra time for travel changes.

### Walking

- Walk whenever possible — walking reduces crowding, is good for the environment and builds exercise into your day.
- Stick to the sidewalk and avoid crowded streets when possible.
- Wear a face covering.

### Bicycling

- Plan your route to avoid busy streets and use protected bike lanes as much as possible. Download a bike map [here](#).
- Visit the NYC Department of Transportation's [website](#) to learn about NYC biking laws and safety tips, especially if you are new to biking in the city.
- Always use a helmet and do not ride on the sidewalk.
- Use a disinfecting wipe to clean frequently touched surfaces of the bike before and after use, such as handlebars, gear shifts, break handles and the seat, especially if using a rental bike.
- Keep at least one bicycle length between yourself and others.
- Wear a face covering — it is not always possible to physically distance at intersections and in some bike lanes.
- Use hand sanitizer when you finish your ride and wash your hands with soap and water when you arrive at your destination.

### **Riding subways, commuter rail, buses and ferries**

- Visit [new.mta.info](https://new.mta.info) before you leave your location, so you can find out if there is a problem on your transit line. You can also sign up for [email and text alerts](#).
- Use touchless payment options when possible and use hand sanitizer after using ticket machines.
- Keep at least 6 feet of distance from others when waiting for the train, bus or ferry.
- If the train, bus or ferry is too crowded, wait for the next one. You should build in extra travel time to be able to do this!
- Wear a face covering at all times – it's the law!
- Touch as few surfaces as possible. Hold subway bars or handles if you need to but use hand sanitizer afterward.
- Sit as far apart from others as possible or stand instead.
- Use all available doors to reduce crowding.
- If the weather permits, stay outside when on the ferry.
- Use hand sanitizer after exiting. Wash your hands with soap and water when you arrive at your destination.

### **Riding in car services (such as taxis, app-based car services, livery services and Access-A-Ride)**

- Travel alone or with members of your household. Avoid traveling with others since it is difficult to distance in a vehicle.
- Wear a face covering — face coverings are required by all passengers and the driver.
- Avoid contact with surfaces frequently touched by passengers or drivers, such as door handles and window buttons.
- Always wear a seat belt! Use hand sanitizer after putting on the seat belt.
- Increase ventilation by asking the driver to open the windows or set the air ventilation to non-recirculation mode.
- Space out — sit in the back seat and sit as far away from the driver as possible (such as the back passenger-side seat or, if in a multi-row vehicle, the back row).
- If the vehicle has a plastic divider, ask the driver to close it if open.
- Use touchless payment when available.
- Use hand sanitizer after leaving the vehicle and wash your hands with soap and water when you arrive at your destination.

**The NYC Health Department may change recommendations as the situation evolves.**

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