COVID-19 Safety Tips for Transit Workers

Before work

- Take your temperature before starting each work shift. Stay home if you have a fever or symptoms, such as a fever; cough; shortness of breath; chills; headache; muscle pain; sore throat; fatigue, congestion; or loss of taste or smell.
- Make sure you have a clean face covering or cloth mask to wear at work and a spare one in case yours gets dirty.

During work

- Avoid touching your face, eyes, and mouth with unwashed hands.
- Wash your hands:
  - Before: eating/prepping food and putting on and taking off masks.
  - After: using the toilet, coughing, sneezing or blowing your nose, and touching fare money.

After work

- Get tested if you feel sick or have any symptoms of COVID-19.
- Wash your mask after each use or throw away single-use masks.
- Take time to relax and release stress.