

YOUR GUIDE TO ENSURE A SAFE COMMUTE

Here are some general tips for protecting yourself and others while commuting.

General Tips

- Regularly check schedules for route modifications
- Check your local AQI at [Spare the Air](#) - sign up to receive alerts
- Plan & log trips in Commute.org's [STAR Platform](#) & connect with our partner apps ([Commute Tracker](#), [Waze](#), [Scoop](#), [Strava](#))
- Maintain 6 ft. social distancing
- Wear a face covering when out in public
- Use hand sanitizer immediately after commuting
- Wash your hands with soap and water for at least 20 seconds when arriving to work or home
- Avoid touching your face while commuting
- If you have symptoms or have been in contact with someone with COVID-19, avoid taking shared commutes

Biking & Walking

- Practice social distancing on paths and trails
- Avoid touching public surfaces
- Be prepared - bring appropriate weather gear and sanitizing products
- Wear a face mask in case you unexpectedly need to take transit or another shared commute
- Consider using a backpack or waterproof on-bike pack to carry your belongings

Telework

- Communicate regularly with your team
- Keep a routine and establish regular work hours, if possible, to still keep a work and home balance
- Stay active - do a home workout or take a walk during the day
- Stay adaptable - be kind to yourselves and others during times of change
- Check in with your employer about getting additional materials (monitor, wireless mouse, etc.) to make your telework environment more sustainable long-term

Carpool & Vanpool

- Reduce the size of your carpool to leave more space between seats
- Social distance when entering and exiting the vehicle
- Avoid touching surfaces when possible
- All carpoolers should wear a mask while commuting
- Try to carpool with the same people consistently to avoid introducing new riders (and germs)
- Carpool riders should sit in the backseat on one side of the car with the window closed and open the window in the back across from you for proper ventilation. Turn air conditioning off of re-circulation mode to improve ventilation.
- Create digital/social message boards to coordinate carpooling and vanpooling with coworkers

Public Transit

- Regularly check schedules for route modifications
- Pay attention to any special signage the agency has posted
- Use your Clipper Card for contactless payment
- Maintain social distancing while waiting to enter, board, and exit
- Try to skip a row between yourself and others
- Be flexible, as you may need to take a later bus or train to comply with social distancing
- If possible, take transit outside of peak hours

Micro-Mobility

- Wear a face mask to protect yourself and others in passing
- Use hand sanitizer or wipes to disinfect the scooter or bike prior to use
- Disinfect your scooter or bike again at its drop-off station
- Avoid touching surfaces - use touchless pay options for scooter or bike rental if available

STAY CONNECTED WITH US

Conditions may change quickly. Stay informed and connected to us on social media for the latest news.

support@commute.org • (650) 588-8170 • @SMCountyCommute

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LOCAL MOBILITY RESOURCES FOR COMMUTING

Here are some helpful resources to navigate commuting in San Mateo and beyond.

COMMUTE.ORG'S GENERAL ADVICE

- For general guidelines, please refer to [CDC](#) and the [Association for Commuter Transportation](#)
- Check out [Waze Carpool](#), [Scoop](#), and [Commute with Enterprise](#) for specific rideshare guidelines. Find links below.
- Stay updated on protocols for using ridehailing services, such as [Lyft](#) and [Uber](#).

COVID-19 GUIDELINES & RESOURCES**Commute.org**

- [Updates on COVID-19 Response and Resources](#)
- [Information page for teleworking](#)
- [Shuttle Schedule](#)

County of San Mateo

- [COVID-19 Information From Cities](#)
- [Social Distancing During COVID-19](#)
- [What Is Contact Tracing? \(available in six languages\)](#)
- San Mateo County Campaign: [Our Comeback Depends On All of Us](#)

City/County Association of Governments - San Mateo County

- [C/CAG COVID-19 Resources & Highlights](#)

Association for Commuter Transportation (ACT)

- [Supporting Commuters Returning To Worksites During COVID-19](#)
- [Tips for establishing telework](#)

American Public Transportation Association

- [Updates & APTA Resources](#)

Center for Disease Control and Prevention

- [Protect Yourself While Using Public Transportation](#)

California Transit Association

- [Transit Watch](#) (updated continuously)

Metropolitan Transportation Commission

- [Blue Ribbon Transit Recovery Task Force Resources](#)

511 Bay Area

- [Helpful Telework Guidelines for Employers and Employees](#)

RideAmigos

- Article: ["Replacing' Your Commute During the COVID Pandemic"](#)

Public Transit

- [Riding Together: Bay Area Healthy Transit Plan](#)
- Caltrain Updates: [COVID Statements & Official Press Releases](#)
- SamTrans Updates: [Subscribe to SamTrans Rider Updates](#)
- BART Updates: [Daily Updates Related to COVID-19](#)
[Step-by-Step Plan to Welcome Riders Back](#)

Carpool & Vanpool

- Commute with Enterprise: [COVID-19 Response](#)
- Waze: [Waze Carpool Community Guidelines](#)
- Scoop: Articles: [COVID-19's Impact On Your People and Facilities](#)
[What Every Employer Needs to Understand about the future of the American Commute](#)

Bay Area Air Quality Management District

- [Cut the Commute Pledge](#)
- [Remote Work Policy Clearinghouse](#)

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