



NEW CASTLE TRANSIT AUTHORITY

Hygiene Tips for Riders

New Castle Area Transit Authority to offer some useful tips to help prevent the exposure to and spread of germs and illness while riding public transit in our region.

1. Washing your hands is one of the most effective ways to prevent the spread of germs, particularly after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Follow these five steps every time:

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice, or "Twinkle, Twinkle Little Star".
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.
- Carry alcohol-based (60-95: alcohol) hand sanitizer when you aren't able to wash your hands.

2. Change your seat.

- If you notice someone near you who appears to be visibly sick, move away from them if possible.
- If escaping the path of someone's cough or sneeze isn't an option, respectfully pivot in the opposite direction, being sure to face away from the trajectory of the cough or sneeze.

3. Sit down.

While an entirely hands-free commute probably isn't possible, it's best to avoid holding on to poles and straps as germs can survive on these surfaces. If possible, opt to sit, keeping your hands in your pockets to avoid touching unnecessary surfaces. This option is more of a best-case scenario, buses are often full during peak travel hours, and individuals with physical disabilities should always have first priority for seating.

4. Use good judgment.

If you are sick, stay home. If that's not an option, don't cough or sneeze into your hands. You're more likely to touch something and spread germs that could infect others. Instead, cough or sneeze into your shoulder, sleeve, or elbow.