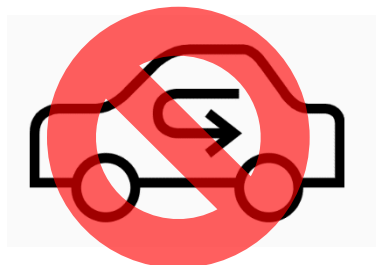
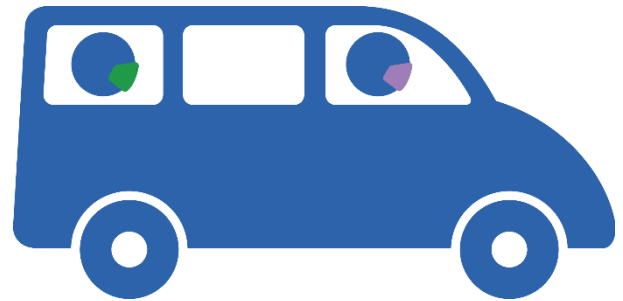


We get it: riding in a bus, carpool or vanpool seems a little daunting at this time. **Here are some tips to help make it as low-risk as possible.**



For Car or Vanpools

- **Always MASK UP!**
- **Let GO MAINE help and match you up with commuters from only your employer,** where you follow the same safety protocols.
- **Carpool with your family members or your pod.** Have a small group you already live with or are in contact with? Carpool with them!
- **Use larger vehicles and sit as far apart as possible.** Practice social distancing when entering and exiting the vehicle.
- **Silence may be the key.** Studies show that the virus likes to be spread by loud talking or singing. So for now make yours a quiet carpool - pack your earbuds and listen to your favorite podcasts!
- **Clean, clean and clean again. Wash your hands and any surfaces you or others may have some in contact with.**
- The Center for Disease Control suggests: ***“Avoid using the recirculated air option for the car’s ventilation during passenger transport; use the car’s vents to bring in fresh outside air and/or lower the vehicle windows.”***



For Riding the Bus or Train



Across Maine, each transit agency may have slightly different rules. Familiarize yourself with your local bus or train protocols before boarding. And remember some have stopped charging for rides, some are beginning to charge again, and some have contactless payment!

Here are the websites for some of Maine's larger transit agencies:

- Greater Portland METRO: gpmetro.org
- Lewiston Auburn CityLink www.avcog.org/877/citylink
- Bangor Community Connector www.bangormaine.gov/communityconnector
- South Portland Bus: www.southportland.org/departments/bus-transportation
- Biddeford Saco Old Orchard Beach Transit: bsoobtransit.org
- Western Maine Transportation: www.wmtsbus.org
- Amtrak Downeaster: amtrakdowneaster.com

Key Tips

- ***As always, MASK UP!***
- Be prepared to be flexible. **If a bus is too full to allow the proper social distancing you may have to wait for another.**
- **Bring your sanitizer with you and try to not touch surfaces.**
- **Maintain appropriate distance from other riders who are not in your party.**
- **Remember transit agencies are doing all they can to clean high-touch surfaces frequently and using the buses' ventilation systems on a setting that best helps keep the air moving.**

