If you need to leave your house to be tested for COVID-19, take a private vehicle when possible. Do not take public transit. If you need to take a taxi or ride share (e.g., Uber,) please follow these precautions before and during your ride to and from the testing centre.

Clean your hands
- Wash your hands thoroughly with soap and water for at least 15 seconds, including between your fingers, under your fingernails and your wrists. Dry your hands with a disposable paper towel. If a cloth towel is used, dedicate that towel to one person and replace when wet
- If hands are not visibly dirty, an alcohol-based hand sanitizer can be used to clean your hands
- Avoid touching your eyes, nose or mouth with unwashed hands

Call ahead before going to see a health care provider
- If you need to see a health care provider, please call ahead to tell them that you have, or are being investigated for, COVID-19

Sit in the back seat
- Sit in the back seat to create physical distance from yourself and the driver

Cover your cough and sneezes
- While at home, cover your cough or sneeze using a tissue, being sure to cover your mouth and nose. Throw the tissue into a garbage lined with a plastic bag and wash your hands immediately with soap and water or use alcohol-based hand sanitizer
- While traveling, cough or sneeze into your elbow or sleeve
**Wear a surgical mask**
- Wear a surgical (ear loop) mask over your nose and mouth when leaving your home to attend a medical appointment
- If you cannot wear a mask, others should wear a surgical mask when they are around you
- If mask becomes wet or dirty with secretions, change the mask immediately
- Wash your hands after removing the dirty mask and before putting on the clean mask

**Before your ride, separate yourself from other people in your home**
- Stay in a separate room, away from other people in your home as much as possible
- Household members should stay in a different room and use a separate washroom if possible
- Do not have visitors to your home if possible
- Avoid sharing with others any personal items that can come into contact with saliva, such as toothbrushes, eating utensils, cups/bottles, towels, bedding

**Cleaning and disinfecting within your home/ride**
- Clean and disinfect all frequently touched surfaces in your home, including bathroom and toilet surfaces, at least once a day and when contaminated with respiratory secretions. Clean with detergent (soap) and water and then disinfect with an over the counter disinfectant
- Clean and disinfect all items contaminated with saliva or respiratory secretions (e.g., eating utensils, thermometer, handles, seats, etc.)

Please visit [york.ca/covid19](http://york.ca/covid19) for the latest information. You can also visit the Ontario Ministry of Health website at [Ontario.ca/covid19](http://Ontario.ca/covid19) for more information.