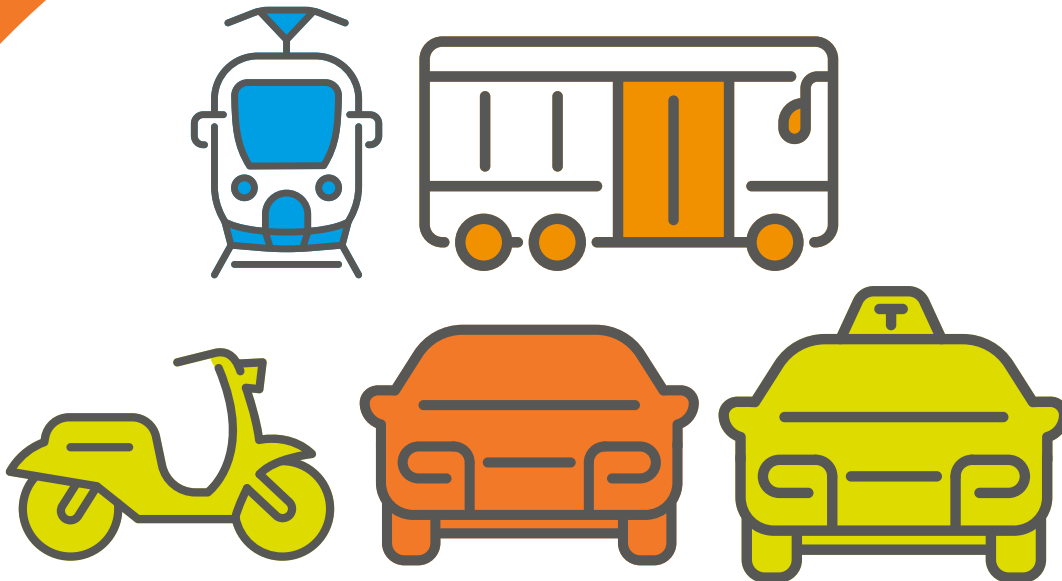


# LIVING WITH COVID-19

COMMUTING MADE SAFE



**Wear a face mask and face shield.  
Keep your face away from others.**

**1**



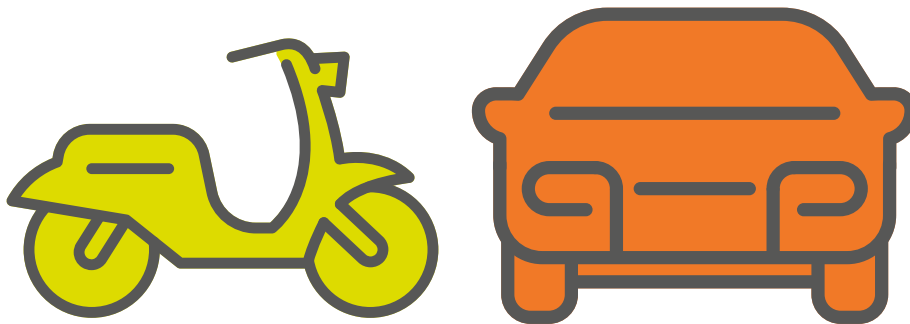
**Keep a sanitiser handy.**

**2**



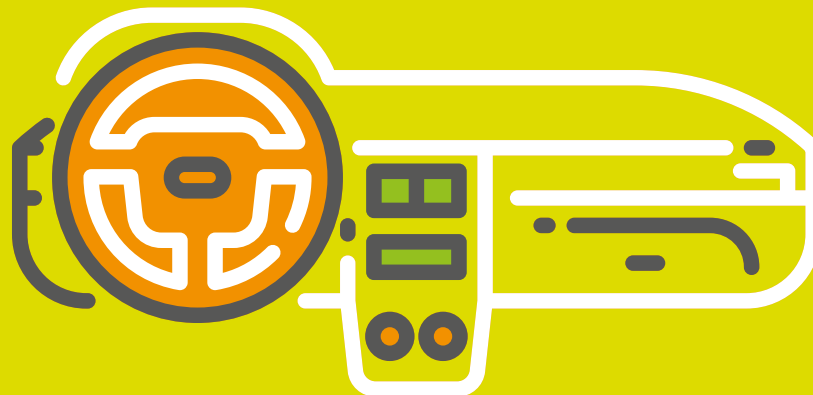
# Private Vehicles

(Car / Scooter / Bike)



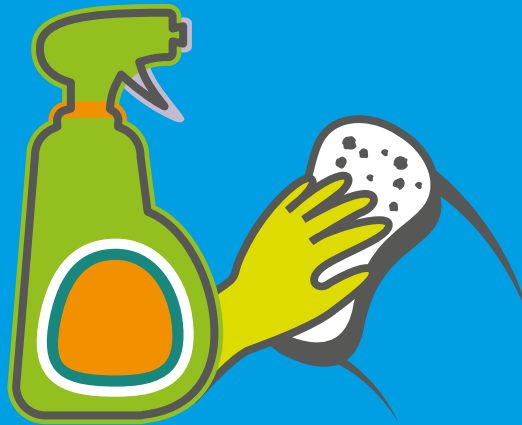
## **Clean frequently touched surfaces:**

steering wheel, handle bars, door handles, gear shift lever, buttons/touch screens, wiper/turn signal stalks, door armrests, grab handles and seat adjusters.



Use alcohol solutions **that contain at least 70% alcohol** or disinfectant wipes. Or wash vigorously with soap and water.

2



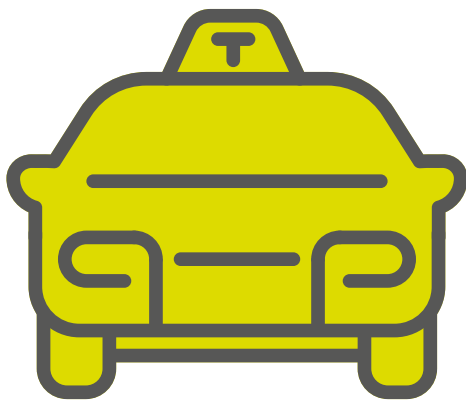
**Don't forget to wash your hands** after touching your vehicle and before/after driving.

3



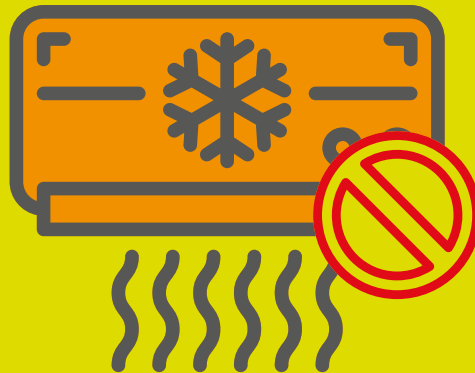
# Public Transport

(Taxi / Auto)





Travel with the **windows rolled down** and the **AC switched off**.



**Sanitise hands** the moment  
you get off.

2



# Public Transport

(Bus / Metro)



Travel at **off-peak times.**



Take a **less busy route** and **reduce the number of changes in bus/metro**, if possible.



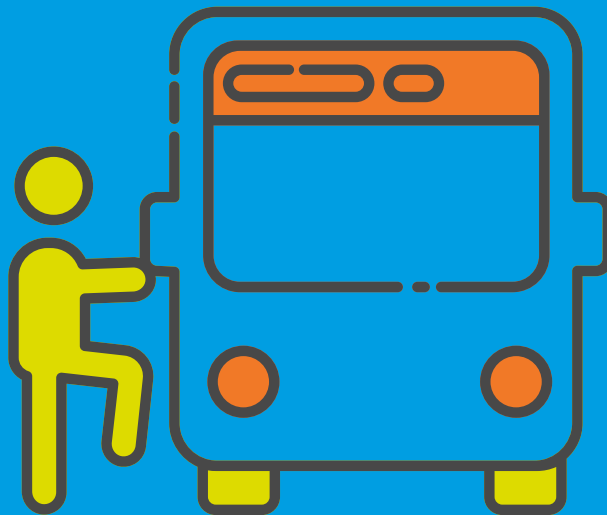
Wait for **next metro/bus**, if the current one is overcrowded.

3



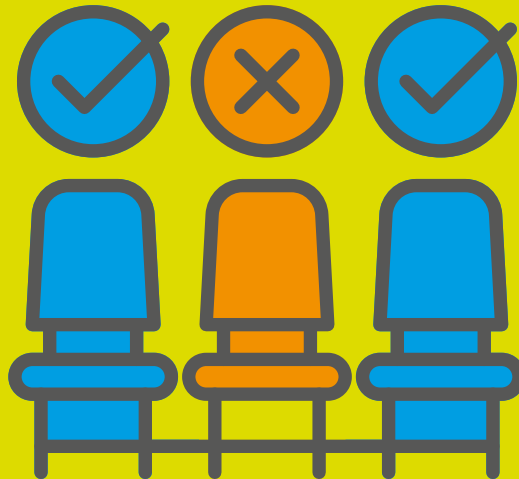
**Wait for other passengers** to get  
off **before boarding.**

4



**Maintain a two-metres/six feet distance** from other commuters, wherever possible.

5





**Make contactless payments** and use travel cards, which must be disinfected regularly.

6



**Wash hands for at least 20 seconds**  
after completing your journey.



**Do not use public transport** if you have a cold, cough or fever.

8



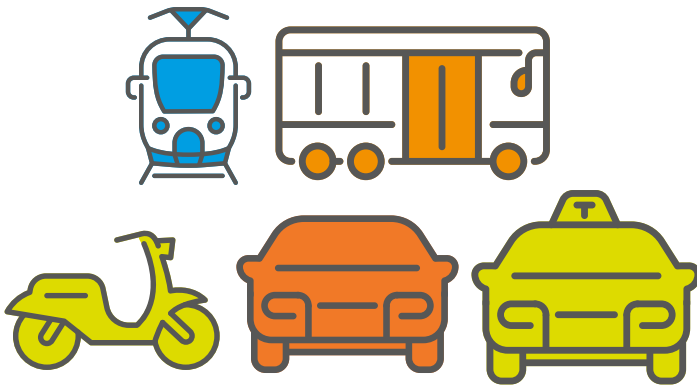
ISSUED IN PUBLIC INTEREST BY



Content by

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Critical Care & Sleep Medicine



**#TheNewNormal #LivingWithCOVID**

For more information, write to [reachus@fortishealthcare.com](mailto:reachus@fortishealthcare.com)  
To book an e-consult, visit [www.fortishealthcare.com](http://www.fortishealthcare.com)

**While  
visiting us,  
please**

