



Capital Transit: Practice social distancing & only ride if you must

Riders are encouraged to only use Capital Transit if they must and, when they are on the bus, to practice social distancing. To allow the appropriate distance between the driver and passengers, the rear door of Capital Transit buses will be utilized as the main entrance and exit. Riding on both Capital Transit bus service and CAPITAL AKcess paratransit will be free of charge starting tomorrow, March 20. To help slow, or hopefully prevent, the spread of the coronavirus disease (COVID-19), Capital Transit has implemented a more robust cleaning/disinfecting procedures on its vehicles, with additional cleanings throughout the day. The addition of in-route disinfecting procedures may cause missed transfers. As events unfold in the community, the public may see changes to schedules or service hours. Capital Transit apologizes in advance for any inconvenience, but the health and safety of the community is the priority. Thank you for your patience and cooperation.

What you can do while riding the bus:

- Distance yourself from other passengers & respect the driver's personal space.
- Germs live on surfaces. When possible, sit down and avoid touching bus surfaces with your hands.
- Please cover your coughs and sneezes with a tissue or elbow.
- Avoid touching your face, nose, mouth, and eyes.
- If you're sick with flu symptoms please stay at home.
- Call your health care provider before attempting to catch a ride to go see them. They are very busy and can likely triage you over the phone.

For more information, contact Capital Transit at 789-6901. Visit juneau.org/covid-19 for information, links, and resources to help keep Juneau safe and healthy.

Businesses: Tell CBJ what's going on with your operation & we'll tell the community

If you're a Juneau business wanting to let the community know how your operations have changed due to COVID-19, CBJ wants to help. Have your hours adjusted? Are you selling your product in a new, creative way that promotes social distancing? Have you shut down for an unknown period of time? Are you offering takeout? Fill out the form found through juneau.org/covid-19. CBJ is consolidating all the information into one central place where the community can find out what's going on with their favorite businesses.

Kids and parent: What you should do to prevent getting and spreading illness:

- Wash their hands often with soap and water for at least 20 seconds. That's the amount of time it takes to sing the "Happy Birthday" song from start to finish twice. If water is not available, use a hand sanitizer that's made with at least 60% alcohol.
- Cover their own mouths and nose when coughing or sneezing, either through coughing into their elbows or ideally using a tissue. Then, immediately throw the tissue away and wash their hands.
- Avoid touching their faces, especially with unwashed hands. That includes rubbing eyes or touching noses or mouths.
- Don't share cups, water bottles, utensils or food.
- Parents can frequently clean and disinfect surfaces that kids touch a lot, like doorknobs and toys. The Centers for Disease Control and Prevention published recommendations for cleaning and disinfecting homes with suspected or confirmed coronavirus infections. This webpage includes a section for routine cleaning of households that states families can use household cleaners and EPA-registered disinfectants on frequently touched surfaces.



FOR MORE INFORMATION, VISIT JUNEAU.ORG/COVID-19.

COVID 19

CORONAVIRUS
DISEASE

KEEPING THE HOME SAFE

Encourage your family members to...

All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Households with vulnerable seniors or those with significant underlying conditions



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

What every American and community can do now to decrease the spread of the coronavirus



For more information:
coronavirus.gov or juneau.org/COVID-19