

# Commuting in Midtown During COVID-19



**Midtown Transportation**, a program of Midtown Alliance, works with Midtown employers on strategies that improve productivity and boost morale while decreasing traffic through increased use of alternatives to driving alone

## Walk

- While walking, pay attention to how close you are to others. Keep at least 6 feet (about 2 arms' lengths) from other people at all times.
- Wear a cloth face covering on your walk. If you touch anything, like a crosswalk button or hand rail, make sure to wash your hands as soon as possible or use hand sanitizer.
- When possible, choose less-travelled walking routes to minimize interaction with others.

## Transit

- Familiarize yourself with current transit schedules. Transit agencies including MARTA and Xpress are operating on adjusted schedules and routes.
- Transit agencies in and around Atlanta have a variety of ways to encourage riders to keep distance:
  - Look out for signs blocking certain seats.
  - Board MARTA buses through the rear doors.
  - Xpress buses are limiting riders to 26 per bus, while Gwinnett County Transit has restricted ridership to 14 riders per bus.
- Riders are encouraged—and in the case of MARTA, required—to wear cloth face coverings on all regional transit vehicles.
- Can you work out flexible work hours with your supervisor? If you must commute to the office, try riding transit during off-peak hours to facilitate physical distancing.

[Transit Updates](#)

[Route Planning](#)

[More Info](#)



## Carpool

- If you're arriving to the office via a carpool, create physical distance by limiting the car to one person per row in the car.
- Wear face coverings in the vehicle and plan to ride with the same buddies every day to limit exposure.
- Improve ventilation if possible by opening windows or choosing non-recirculating A/C.

# Bike

- When possible, avoid crowded routes and ride 6 feet from other cyclists and pedestrians.
- Wear a face covering when riding.
- Wash your hands upon your arrival. It's a good idea to carry hand sanitizer to clean up after you touch public objects like bike racks.

[Route Planning](#)

[Bike Guide](#)



# Telecommute

- If you're working from home for the foreseeable future, make sure you develop and maintain a consistent routine for your workday.
- Set up a work environment that keeps you safe and productive (i.e. laptop stand, keyboard and mouse, seat cushion, natural lighting).
- Communicate regularly with your colleagues, set a regular schedule, and try to incorporate some exercise daily if possible.
- In a time when access to childcare is changing, set clear expectations around your work and home needs and schedules.

# Resources

## City of Atlanta's Reopening Phases

The City of Atlanta's 5 phases of reopening. [Learn more.](#)

## Association for Commuter Transportation (ACT) COVID-19 Guide

The latest commute and transportation guidance from ACT. [Learn more.](#)

## Centers for Disease Control and Prevention (CDC) Guide

Public health info from the CDC about the COVID-19 virus and how to best keep yourself and others safe. [Learn more.](#)

# Learn More

For personalized support with commute-related questions, contact us:

[MT@MidtownATL.com](mailto:MT@MidtownATL.com)

