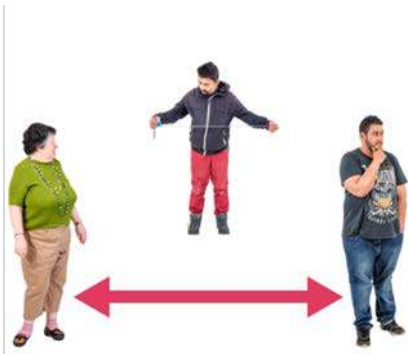


How to travel safely



Coronavirus means we have to stay a safe distance away from other people.



Public transport like buses and trains can be crowded, so it is not very safe.



If you need to go somewhere, try to walk or cycle if you can.



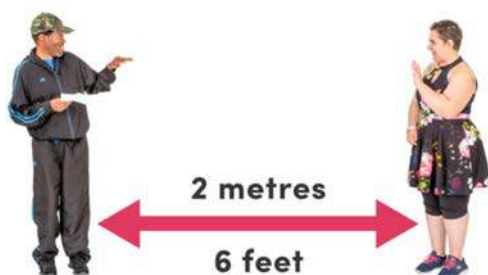
If you need to use public transport, like the bus or the train, try to travel when it is not too busy.



Public transport is often busy in the mornings and evenings.



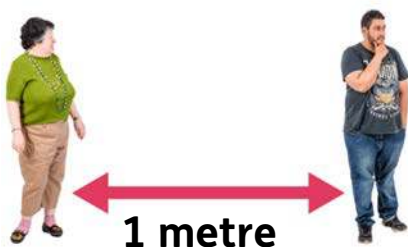
When you are on public transport you must wear a mask that covers your nose and mouth.



Try to stay 2 metres away from other people if you can.



If you hold your arms out to the side, that is about 2 metres.



If you cannot stay 2 metres away from other people, try to stay 1 metre away.



If you hold out one arm, that is about 1 metre.



Face away from other people if you can.



Try not to touch things that other people have touched, like door handles, bells or bars.



Do not touch your face, eyes or mouth.



Wash your hands as soon as you can after getting off public transport.



If you have coronavirus or someone in your house has it, you **must not** go on public transport.