1. **Is your journey necessary?**

Before you travel you should consider whether your journey is necessary. You can reduce pressure on the public transport system and road network by:

- Working from home
- Shopping locally and less frequently
- Walking and cycling

2. **Plan your journey**

- Plan ahead and use a direct route
- Can you travel off-peak?
- Take hand sanitiser and a face covering, if you can
- If you require assistance you should continue to request this as you normally would
- Wash or sanitise your hands before beginning your journey

3. **On your journey**

- Maintain 2 metre distance where possible
- Use a face covering, if you can, when you will be close to others
- Use contactless payment where possible
- Be patient and follow instructions from transport staff
- Wash or sanitise your hands as frequently as possible

4. **Completing your journey**

When finishing your journey, you should:

- Follow guidance at your destination
- Walk and cycle from public transport to your destination, where possible
- Wash or sanitise your hands as soon as possible

For further information visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)