

Coronavirus (COVID-19): safer travel guidance for commuters

Guidance for all commuters

- Only travel if you need to.
- If possible walk, cycle or go by car.
- Avoid public transport if possible.
- If you car share to work, share with the same person each day.



Checklists before you travel

Plan your journey

- Do I need to travel?
- Can I walk or cycle to my destination?
- Have I checked the latest travel advice
- Have I planned my journey to minimise crowded areas and allow for delays?
- Am I taking the most direct route to my destination?

What to take with you

- A plan for my journey
- Payment card
- Phone
- Tickets
- Hand sanitiser
- Essential medicines
- Tissues
- A face covering, if required

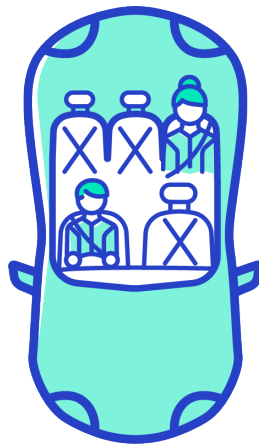
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Lift sharing guidance for commuters

(Travelling by car with people outside your household group)



Try to share the vehicle with the same person each time.



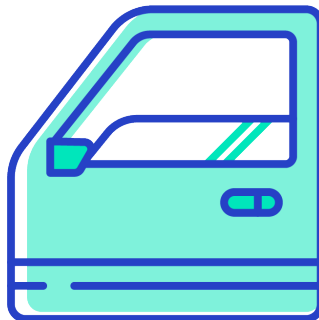
Optimise distance between people in the vehicle, for example by the passenger sitting in back left-hand seat of a car.



Consider wearing a face covering. It is important to use face coverings properly and wash your hands before putting them on and after taking them off.



Clean door handles and other areas that people may touch between journeys using gloves and standard cleaning products.



Avoid physical contact and have good ventilation (keep the car windows open).



Use your organisation's online Liftshare scheme (if you have one) to help you find a colleague to share with and to help keep track of who is sharing each day.