



## 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 a face covering and, if you can, hand sanitiser

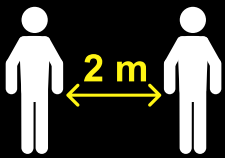


If you require assistance you should continue to request this as you normally would



Wash or sanitise your hands before beginning your journey

## 3. On your journey



Maintain 2 metre distance where possible



Wear a face covering



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