



Department  
for Transport



# Coronavirus (COVID-19): safer travel guidance



What you can do to  
travel more safely

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## Safer travel



We want to help people travel safely during the coronavirus outbreak.



The government has lots of advice on coronavirus and keeping safe.

This guidance gives you advice about safer travel in **England**.



There is different advice for people who live in Northern Ireland, Scotland or Wales.

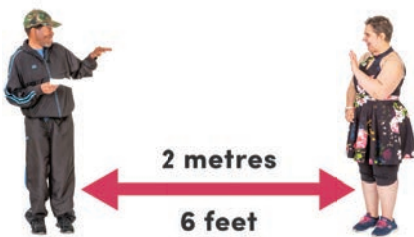
# Things you can do



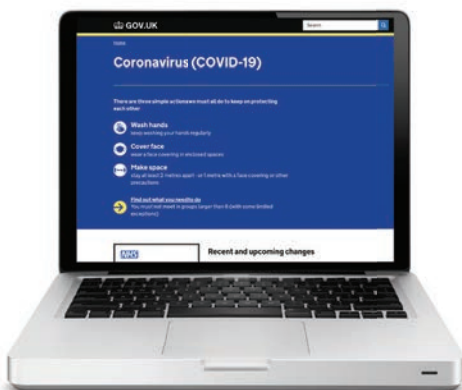
## Working from home

You should work from home if you can.

## Social distancing



This means keeping a safe distance away from other people. You should try to stay 2 metres away from other people if you can.



You can read more information on the government's website.

**[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)**



## Washing your hands



Wash your hands regularly with soap and water.

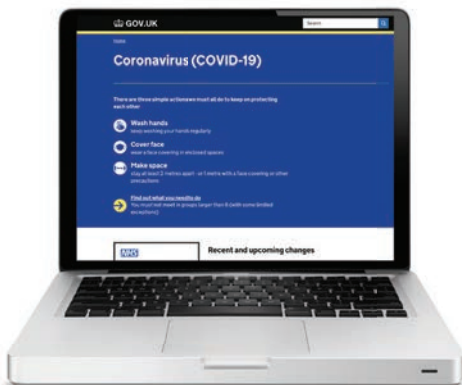


If you do not have soap and water you can use hand sanitiser. Hand sanitiser is a gel you rub on your hands to clean them.

## Face coverings



Face coverings go over your nose and mouth. They can help to stop coronavirus from spreading. Face coverings can be called face masks too.



You can read more information on the government's website.

**[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)**

# Rules on face coverings



The rules say most people in England **must** wear a **face covering** on public transport.



Public transport are things like:

- Bus or coach
- Train, tram or tube
- Plane, ferry or ship
- Taxis



Most people **must** also wear a **face covering** in transport hubs. Transport hubs are places like:

- Airports
- Railway stations
- Bus, coach and tram stations
- Sea port terminals





If you do not wear a **face covering** you might be breaking the law.



If you are breaking the law you may have to pay a fine.



You might be stopped from getting on public transport or going into a transport hub if you do not wear a **face covering**.



**Some people don't have to wear face coverings. Here are some of the reasons why:**



- You have a disability that means you cannot wear one



- You have breathing problems



- It makes you feel very distressed and upset



- A deaf person needs to read your lips



- You are 11 years old or younger

## Support bubbles



If you live alone or are a single parent you can visit friends or family in 1 other house.

This is called your **support bubble**.



In your **support bubble** you can:

- Go inside each others' houses
- Stay overnight



You do not have to **social distance** or wear a **face covering** when you are together. You can hug each other if you want.



If you live alone and have carers who come to your house, you can still make a **support bubble** with 1 other house.

## Meeting with other people safely



You **must not** meet or travel in a group of more than 6 people unless:

- They live with you

or



- They are part of your support bubble



If you do meet or travel in a group of more than 6 people you may be breaking the law. You may also get a fine.





Sometimes you are allowed to meet or travel in a group of more than 6 people.

This is for things like:

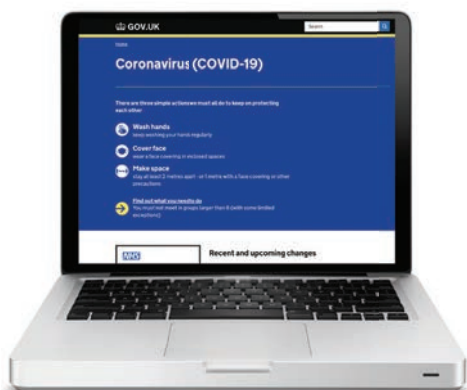


- Work

or



- Going to school, college or further education



There is more advice on the governments website.

**[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)**

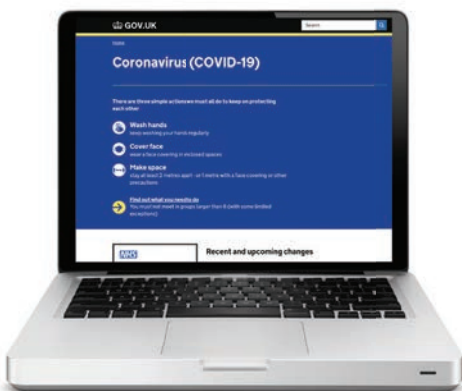
## Areas with local restrictions



If a town or city in England has too many people with coronavirus, there might be **local restrictions**.



This means there might be extra rules you need to follow.



For more information you can look at the government's website.

**[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)**



# Important



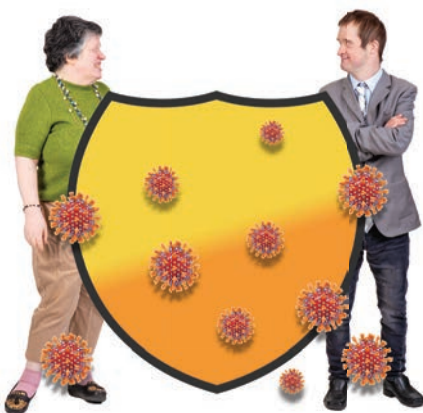
- Do not travel if you have coronavirus or you think you have it



- Do not travel if you share a house with someone who has coronavirus or think they have it



- Do not travel if anyone in your **support bubble** has coronavirus or think they have it



- Do not travel if you have been told to **shield**.

If you have stopped shielding and there are local restrictions, you might have to shield again.

# Shield



Some people can get very ill if they catch coronavirus.

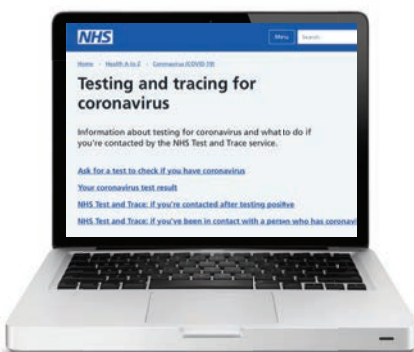


**Shield** means you had a letter from the NHS that told you to do some extra things to help stop you from catching coronavirus.

Usually this means things like staying at home and only seeing people you need to, such as a carer.



You can book a test to see if you have coronavirus.



This website tells you how to book a test.

## NHS Website

[www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/)

## Walking and cycling



If you can, walking or cycling is the best way to travel.



Your local council can help you plan your journey. They have maps showing the paths and routes you could use.

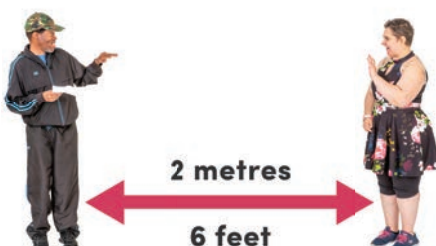


Children can walk or cycle with a responsible adult too.

## Things to do when you travel



Make sure you **wash your hands** before you travel and after you travel.



Try to make sure you are **social distancing** if other people are around.

## Your own car or vehicle



It is ok to share a car with:

- People you live with
- People in your **support bubble**

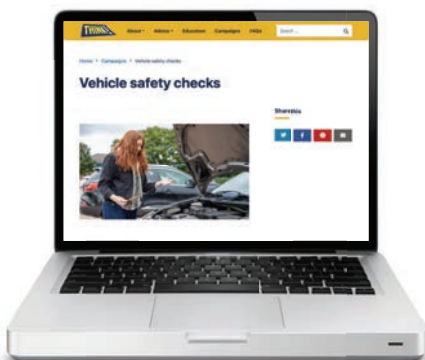


## Things to do before you travel

Plan your route and decide how you will get there.



If you haven't used your car or vehicle for a while, check that it is safe to drive.



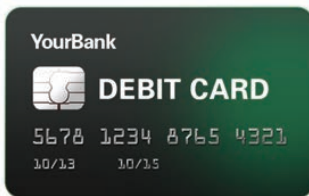
This website tells you what to check for.  
**[www.think.gov.uk/campaign/vehicle-safety-checks/](http://www.think.gov.uk/campaign/vehicle-safety-checks/)**





## Things to do when you travel

If you stop on your journey, try to make sure you are **social distancing** from others.



Try to pay for things using your contactless payment card, if you can.



Always **wash your hands** before and after you travel.

## Sharing cars or vehicles with other people



Try not to share a car with people you don't live with or people **not** in your **support bubble**.



If you have to share, try to share with the same people each time.

## Things to do when you travel



Always **wash your hands** before and after you travel.



Wear a **face covering** if you can.



Keep the windows open and face away from each other.



Do not touch anyone, unless they are your carer or in your support bubble.



Try not to touch lots of things once you are in the car.



If you own the car make sure you clean it after every use.





# Public Transport

## Things to do before you travel



Plan your route and decide how you will get there.



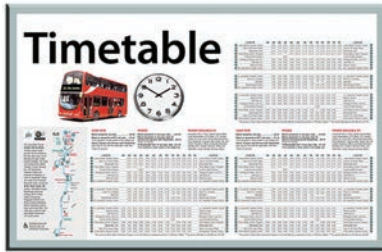
Make sure you have enough time.  
It might take longer than usual because of social distancing.



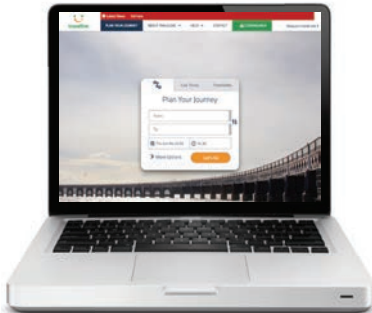
Try to travel at quieter times.  
This is called **off-peak**.



If you normally need help to travel  
contact the bus or train service.  
They will still give you help and advice.



Look at these websites to check that the public transport you want to use is still running.



**Bus, coach, tram and ferries website**  
**[www.traveline.info](http://www.traveline.info)**

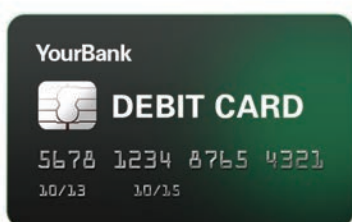


**Train websites**  
**[www.tfl.gov.uk](http://www.tfl.gov.uk)**

**[www.nationalrail.co.uk](http://www.nationalrail.co.uk)**



It is best to buy your ticket online before you go.



If not, try to pay for things using your contactless payment card, if you can.

## Things to do when you travel



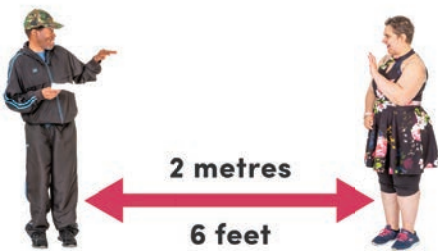
Always **wash your hands** before and after you travel.



You **must** wear a **face covering** if you can.



If the police ask to see your face to check who you are, you should take it off.



Try to make sure you are **social distancing**:



- At bus stops
- On platforms
- On public transport



Sometimes you might have to be close to people. For example when you get on and off transport.

If this happens make sure you:



- Do not touch anyone, unless they are your carer or in your support bubble



- Face away from them if you can



- Move away as soon as you can



- Keep your face covering on



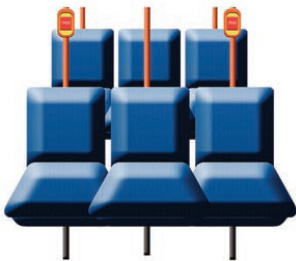
Try not to touch things unless you need support to stand or move.

Things like:

- Windows
- Doors
- Walls



Listen to transport staff. They will tell you things you need to know. Things like:



- What seats to use



- How to queue



- What doors to use





If the transport you want to use is very busy do not get on.

If you can, wait for the next one.



Don't eat or drink on public transport unless you need to.



If you start to feel unwell when you are using public transport, tell a member of transport staff straight away.





## Children on public transport

If you travel with children you need to help them follow these rules too.



**Important.** Children under 3 years old should **not** wear **face coverings**.



Children aged 3 to 10 years old can wear **face coverings** but they do not have to.

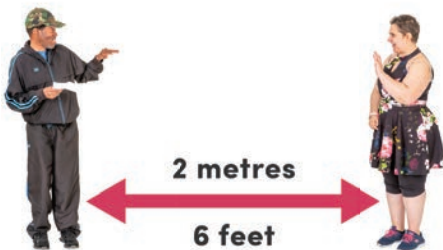


## Taxis

### Things to do when you travel



Always **wash your hands** before and after you travel.



If you are in a queue, try to make sure you are **social distancing**.



You **must** wear a **face covering** if you can.



Listen to any instructions the driver gives you.



Try not to touch lots of things once you are in the taxi.

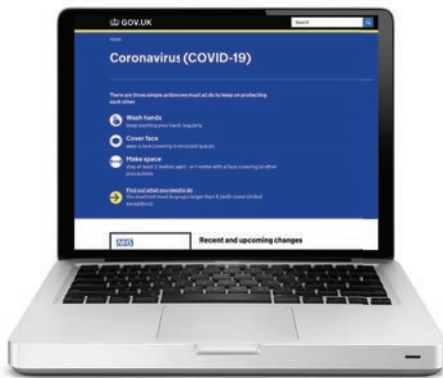


## Planes, ferries and ships

### Things to do before you travel



Check with your travel operator, the airport or the port for advice.



The government's website has advice for people using airports.

[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

### Things to do when you travel



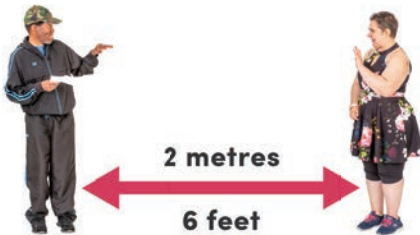
Always **wash your hands** before and after you travel.



If you are in England you must wear a **face covering** if you can.



If the police ask to see your face to check who you are, you should take it off.



Try to make sure you are **social distancing** if you can.



Sometimes you might have to be close to people.

If this happens make sure you:



- Do not touch anyone, unless they are your carer or in your support bubble



- Face away from them if you can



- Move away as soon as you can



- Keep your face covering on



Try not to touch things unless you need support to stand or move.

Things like:

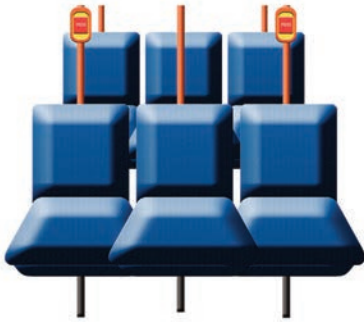
- Windows
- Doors
- Walls





Listen to transport staff. They will tell you things you need to know.

Things like:



- What seats to use



- How to queue



- What doors to use





## Travelling to another country



If you travel to another country check their rules. They might have different rules to the UK.



There is more advice on the government's website.



### Website

**[www.gov.uk/guidance/travel-advice-novel-coronavirus](https://www.gov.uk/guidance/travel-advice-novel-coronavirus)**

# The rules when you travel to the UK



**You still have to follow these rules if you normally live in the UK and are travelling back from another country.**



Before you travel to the UK you will be asked for your:



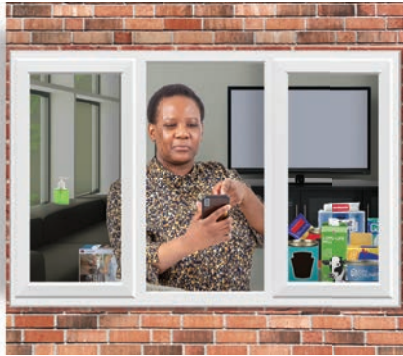
- Telephone number and email address



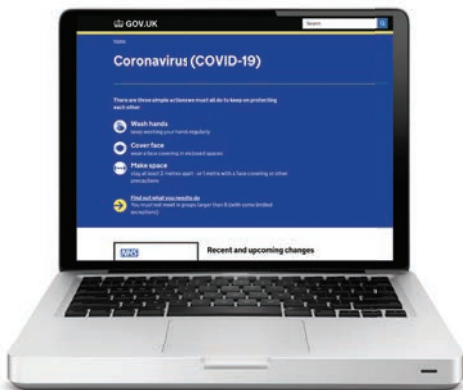
- Address where you will be staying when you get here



When you get to the UK you might have to **self isolate** for a while. It is usually for about 14 days but this might change.



**Self isolate** means you must stay at the address you give us. You must not go out for any reason.



This website tells you more about when to self isolate.

**Website**  
**[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)**



When you arrive in the UK leave the port, airport or station as quickly as you can.



If you go to the airport, port or station to pick someone up, do not go inside.

# A list of things to take with you when you travel



- Contactless payment card or pass



- Phone



- Tickets



- Hand sanitiser



- Essential medicines



- Tissues



- A face covering