

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



Guidance for all commuters

- Work from home if you can.
- Avoid Public Transport if possible
- If you cannot work from home and have to travel for work, you should first consider cycling, walking or driving to help ensure there is enough capacity for those who need to travel on public transport to do so safely.



Walking and cycling guidance for commuters

- Consider walking and cycling if you can.
- Where possible, try to maintain social distancing when you walk or cycle, for example when approaching or passing other pedestrians or waiting at crossings and traffic lights.
- Where using bikes wash your hands for at least 20 seconds or sanitise your hands before and after cycling.
- Plan your route. [Recommend using myPTP]
- Consider making a list of items (see below) to take with you.

Car travel guidance for commuters

- vPlan your journey. Routes may be altered to enable more walking and cycling.
- Drive with care and anticipate more people walking and cycling.
- Limit the time you spend at garages, petrol stations and motorway services.
- Try to keep your distance from other people and, if possible, pay by contactless. Wash your hands for at least 20 seconds or sanitise your hands when arriving and leaving.
- Be aware of the surfaces you or others touch

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.

Public Transport guidance for commuters



- If you have to travel to work because you cannot work from home, please avoid public transport – if possible, walk or cycle or go by car.
- Find out more https://bit.ly/Travel_Safely #TravelSafely #StayAlert
- Consider all other forms of transport before commuting using public transport.
- If you have no alternative to public transport, it is vital you understand the steps you can take to maintain your own safety and that of others and help reduce demand on the transport networks.
- Government guidance is for passengers, if they can, to wear a face covering if they need to use public transport.

Checklists for safer travel

- Plan your journey
- 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

- Phone (if needed for travel updates, tickets, contactless payments)
- Hand sanitiser
- Essential medicines
- Tissues
- A face covering, if required