Coronavirus (COVID-19): safer travel guidance

What you can do to travel more safely
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About this guidance

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

The government has advice and rules for keeping people safe in England.

At the moment the rules say everyone should try not to travel unless they need to.

You should follow the advice in this booklet even if you have had a vaccine.
There is different advice for people who live in Northern Ireland, Scotland or Wales.

In this guidance we tell you about:

- Travel rules for England
- How to use transport safely
- Things you can do to keep yourself safer when you travel

There is lots of information in this booklet. You may want to ask someone to help you read it.
When you **must not travel**

- If you have coronavirus or you think you have it

- If you share a house with someone who has coronavirus or think they have it

- If anyone in your **support bubble** has coronavirus or think they have it

You can book a test to see if you have coronavirus. The NHS website tells you how to book a test.

It is important to travel safely if you are going for a test.

Look at the government’s website for more information.

About support bubbles

In this guidance we mention support bubbles. Here is what we mean.

The people who live in your home are called your household.

The rules say sometimes a household can join up with 1 other household.

This is called a support bubble. You do not have to live with the people in your support bubble.

For more information look at the government’s website.

www.gov.uk/guidance/making-a-support-bubble-with-another-household
Rules for meeting indoors and outdoors

You can only meet indoors with:

- People you live with
- People in your support bubble
- People you care for or people who care for you

There are a few more reason why you can meet people indoors.

Look at the government’s website for more information.

You can only meet outdoors with:

- People from 2 different households

or

- 5 other people

You should try not to travel too far to meet other people outdoors.

Carers or support workers are not included in the numbers.
There are more reasons you can meet other people outdoors.

Look at the government’s website for more information.

Things to think about if you need to travel

Try not to travel too far unless you need to.

If you do need to travel it is best to walk or cycle if you can.

If not, use public transport or drive.

Plan your route and decide how you will get there.

Try to travel at quieter times when it is less busy.
Walking and cycling

Try not to travel unless you need to.

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

Children can walk or cycle with a responsible adult too.

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

Try not to travel unless you need to.

You must only share a car with people you live with or people in your support bubble.

Sometimes you are allowed to car share a with others if it is for work or education.

If you stop on your journey, try to make sure you are social distancing from others.
Keep the windows open and face away from each other.

Try not to touch anyone or anything when you get in the car.

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

Try not to travel unless you need to.

Apart from the driver you can share a taxi with:

- People you live with
- People in your support bubble
- Carers or support workers

You are allowed to share a taxi with others if it is for work.
If you are in a queue, try to make sure you do not stand close to other people unless you are travelling with them.

Listen to any instructions the driver gives you.

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

Try not to travel unless you need to.

Before you travel

Make sure you have enough time.
It might take longer than usual.

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

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

Look at these websites to check that
the public transport you want to use
is still running.
Bus, coach, tram and ferries

Traveline website
www.traveline.info

Train websites

Transport for London website
www.tfl.gov.uk

National Rail
www.nationalrail.co.uk
Planes, ferries and ships

Contact your travel operator, the airport or port for advice about travelling.

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

Keeping safe on public transport

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

Things like:

- Windows
- Doors
- Walls

Transport staff will tell you things you need to know. Things like:

- What seats to use
- How to queue
- What doors to use
The transport you want to use might be very busy. If you can, do not get on and wait for the next one.

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

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

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

You are only allowed to travel to another country for certain reasons.

You are not allowed to travel abroad for a holiday.

You can check the rules on the government’s website.

Website
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.

Up to 3 days before you travel to the UK most people must take a coronavirus test.

If the test shows you have got coronavirus you cannot travel into the UK.

If the test shows you do not have coronavirus you can travel to the UK.
Before you can enter 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 will have to **self isolate** for 10 days.

**Self isolate** means you must stay at the address you give us or a hotel the government agrees is ok. You must not go out.
You can go out to pick up things like food or medication.

But only if nobody else can get them for you.

There is more advice on the government’s website.  
Things you can do to keep yourself safer when you travel

Wash your hands

Wash your hands with soap and water as often as you can.

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.

Paying for things

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

When you travel try to make sure you are social distancing:

- At bus stops
- On platforms
- At taxi ranks
- On public transport

Sometimes you might have to be close to other people.
If this happens make sure you:

- Try not to touch anyone

- Face away from other people if you can

- Move away as soon as you can

- Keep your face covering on
You don’t have to social distance from:

- People you live with
- People in your support bubble
- Your carers or support workers

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

www.gov.uk/coronavirus

If you travel with children you need to help them follow all of the rules.
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.

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 wear a face covering in transport hubs too.

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. You might have to pay a fine.

You might be stopped from getting on public transport or going into a transport hub.
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 10 years old or younger
You can read information about face coverings on the government’s website.

www.gov.uk/coronavirus

**Children and face coverings**

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.
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