How to stay healthy on public transport

**DOs ✓**

- Wash your hands after touching surfaces, handles or money on public transport.
- Discard single-use masks immediately after use if you choose to wear them, and then wash your hands.
- If you are able to walk to work, think about doing this more often.
- Ensure you cough or sneeze into a tissue or into a bent elbow. Dispose of the tissue in a closed bin and make sure you wash your hands afterwards.
- Think of ways to avoid non-essential travel and contact with others. Avoid crowded, rush hour buses, trains or taxis if you can.

**DON'Ts x**

- Don’t go on public transport if you are feeling ill, or have developed a cough or fever.
- Don’t throw used tissues on the floor. Instead, put them in the bin when one is available.
- Don’t touch your eyes, nose or mouth or eat food on public transport.
- Don’t cover your sneeze with the palm of your hand. Use a tissue or a flexed elbow.
- Don’t stigmatise or discriminate against people on public transport who are displaying symptoms of illness, like coughing or sneezing.