

How to stay healthy on public transport

DOs ✓



Wash your hands after touching surfaces, handles or money on public transport.



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.



Discard single-use masks immediately after use if you choose to wear them, and then **wash your hands**.



Think of ways to avoid non-essential travel and contact with others. Avoid crowded, rush hour buses, trains or taxis if you can.



If you are able to **walk to work**, think about doing this more often.

✗ DON'Ts



Don't go on public transport if you are feeling ill, or have developed a cough or fever.



Don't cover your sneeze with the palm of your hand. Use a tissue or a flexed elbow.



Don't throw used tissues on the floor. Instead, put them in the bin when one is available.



Don't stigmatise or discriminate against people on public transport who are displaying symptoms of illness, like coughing or sneezing.



Don't touch your eyes, nose or mouth or eat food on public transport.