

Guidelines for Public Transport / Personal Protective Equipment (PPE)

Many employees who were teleworking due to the pandemic will now be returning to their places of work as cities and countries lift their stay-at-home measures. However, COVID-19 is not exterminated and will be part of our daily lives until a vaccine or other lifesaving medicine is found. In the following we would like to raise your awareness as you head back to work of proper safety measures when using public transit.

Avoid public transportation

Avoid travelling unless it is absolutely necessary! This sounds way too easy but it's the most effective measure you can take to protect yourself and others.

Keep the distance

A lot of the potential risk of infection on trains and buses depends on how crowded they are, this will vary in different cities, different routes and times. In any case, avoid travelling during peak times. If you're travelling on a relatively empty train or bus, though, your risks would be different. How well vehicles are ventilated and how long you spend on them will also play a role. Keep in mind to have your PPE (Personal Protective Equipment) with you wherever you travel. Wear a mask that covers your nose and mouth and keeping a minimum distance of 2 meters (6 feet) from other passengers is a must!

Taking a less busy route and reducing the number of changes is also highly recommended.

YOU also make a difference

Stay home if you have been in contact with someone who has or could have COVID-19, or if you are not feeling well. Flu like symptoms such as fever, coughing or scratchy throat, difficulty breathing or shortness of breath, muscle ache or headaches can be indications that you might have caught COVID-19 – please stay home as a precaution.

Use travel tools for planning

Many public transport companies offer travel tools which enable you to best plan your travel beforehand. Some companies offer real time information on their websites about the busiest times on the lines, live arrivals, status information, route maps and timetables. Check your local public transportation provider for similar information on your lines.

Avoid touching public surfaces

We do it frequently and unconsciously but should avoid it to the greatest extent possible. Also, here it is essential to make use of your PPE, here gloves can be a very protective tool. As soon as you enter the office, properly wash your hands.

Be mindful. Take your time.

When in a hurry people don't always show their best behavior. However try to avoid situations of direct physical contact and face away from others. Better wait for other passengers to get off before boarding yourself.

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