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Guidance

# Coronavirus (COVID-19): UK transport and travel advice

Using public transport during the coronavirus (COVID-19) outbreak.

Published 26 March 2020

From:

Department for Transport (<https://www.gov.uk/government/organisations/department-for-transport>)

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### Stay at home

- only go outside for food or health reasons or travelling to and from work but only where you cannot work from home
- when outside, stay 2 metres (6 feet) away from other people
- wash your hands as soon as you get home

Anyone can spread coronavirus.

Full guidance on staying at home and away from others (<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>)

You must stay at home. You should only leave home for very limited purposes.

This is to stop the spread of coronavirus.

Stay at home, protect the NHS, save lives.

## Public transport – buses, rail, underground, trams, ferries

Only use public transport if you have to. When travelling by public transport:

- avoid rush hours and busy times if you can
- cover your cough or sneeze with a tissue, then throw the tissue in the bin
- follow advice on staying away from others (<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>)
- wash your hands often with soap and water for at least 20 seconds
- if soap and water are not available, use an alcohol-based hand sanitiser

Do not use public transport if:

- you have symptoms of coronavirus (<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/>) – a new, continuous cough or a high temperature
- you or any of your household are self-isolating (<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>)

Keep up to date about reduced services and closed stations:

- bus, coach, tram and ferry operators (<https://bustimes.org>)
- TfL (<https://tfl.gov.uk/campaign/coronavirus-covid-?intcmp=62419>)
- National Rail ([https://www.nationalrail.co.uk/stations\\_destinations/coronavirus.aspx](https://www.nationalrail.co.uk/stations_destinations/coronavirus.aspx))

## Private vehicles and car pooling

You should only use a private vehicle to make essential journeys.

You should only share your car with people from your household.

If you normally share a car with people who are not members of your own household for essential journeys, you should find a different way to travel. You should walk, cycle or take public transport, so you can maintain a distance of 2 metres from others.

If there is no other option and you have to share a car with people who are not part of your household, you should share with the same people and with the minimum number of people at any one time.

Good ventilation (keeping the car windows open) and facing away from each other may help to reduce the risk of transmission. If people from different households use your vehicle, you should clean it regularly using gloves and standard cleaning products. Make sure you clean door handles and other areas that passengers may touch.

## Air travel

You should not travel by air unless your journey is essential.

To check, change or cancel your travel plans:

- contact your airline, travel company or accommodation providers
- get in touch with your insurance provider

## Travelling in the UK

- Avoid travel to second homes, campsites and caravan parks (<https://www.gov.uk/government/news/covid-19-essential-travel-guidance>)

## Working in the transport industry

- Coronavirus (COVID-19) drivers' hours relaxations (<https://www.gov.uk/government/publications/covid-19-guidance-on-drivers-hours-relaxations>)
- Coronavirus (COVID-19) freight transport industry (<https://www.gov.uk/government/publications/covid-19-guidance-on-freight-transport>)
- Coronavirus (COVID-19) shipping and sea ports (<https://www.gov.uk/government/publications/covid-19-shipping-and-sea-ports-guidance>)
- Coronavirus (COVID-19) staff in the transport sector (<https://www.gov.uk/government/publications/covid-19-guidance-for-staff-in-the-transport-sector>)

Published 26 March 2020

## Related content

- Coronavirus (COVID-19): transport and travel guidance (<https://www.gov.uk/government/collections/coronavirus-covid-19-transport-and-travel-guidance>)
- COVID-19: advice for the freight transport industry (<https://www.gov.uk/government/publications/covid-19-guidance-on-freight-transport>)
- COVID-19: guidance for staff in the transport sector (<https://www.gov.uk/government/publications/covid-19-guidance-for-staff-in-the-transport-sector>)
- Coronavirus (COVID-19): recreational general aviation (<https://www.gov.uk/government/publications/coronavirus-covid-19-recreational-general-aviation>)
- Waiting to return to the UK during coronavirus (COVID-19) (<https://www.gov.uk/guidance/coronavirus-covid-19-staying-where-you-are-if-you-cannot-return-to-the-uk>)

## Detailed guidance

- Travel advice: coronavirus (COVID-19) (<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>)

## Collection

- Coronavirus (COVID-19): transport and travel guidance (<https://www.gov.uk/government/collections/coronavirus-covid-19-transport-and-travel-guidance>)

## Explore the topic

- Local transport (<https://www.gov.uk/transport/local-transport>)
- Rail (<https://www.gov.uk/transport/rail>)