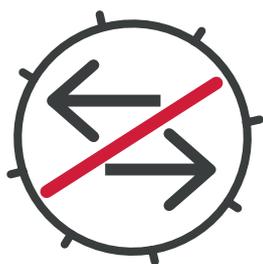


# Moving around during the COVID-19 outbreak

While cities around the world are introducing a broad range of measures to limit physical contacts to prevent and slow down the COVID-19 pandemic, many people might still have a need to move around cities to reach their workplaces when possible, meet essential daily needs or provide assistance to vulnerable people.



## **Do not move around if you have a fever, cough and difficulty breathing.**

In this case, stay home and seek medical attention as your local health authority advises.

## **Whenever feasible, consider riding bicycles or walking.**

This provides **physical distancing** while helping you to meet the minimum requirement for daily physical activity, which may be more difficult due to increased teleworking, and limited access to sport and other recreational activities.



## If you need to use public transport (buses, trams, metro, trains, ferries, taxis):

- **If possible, avoid peak hours.**
- **Practise physical distancing.**
  - To the extent possible, **keep a distance of at least 1 meter from other passengers** when purchasing tickets, waiting to board public transport, and moving around public transport stations (e.g. using escalators).
- **Practise respiratory hygiene.**
  - **Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze.** Then dispose of the used tissue as soon as possible, preferably in a closed waste bin.
- **Avoid touching handrails and other surfaces.**
  - If needed, use a disposable paper tissue to hold on to hand rails while riding public transport. Dispose of the used tissue as soon as possible, preferably in a closed waste bin.
  - **Avoid touching your eyes, nose and mouth.**
- **If you are healthy, you do not need to wear a mask while using public transport.**
  - Wear a mask if you are coughing or sneezing.
  - Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
  - If you wear a mask, then you must know how to use it and dispose of it properly
- **You do not need to wear rubber gloves while riding public transport as this does not prevent COVID-19 infection.**
  - You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and then infects you. Instead, wash your hands with soap and water, or use alcohol-based hand rub.
- **Avoid sharing taxis.**
  - If you have to use a taxi, avoid sharing it with other passengers, as physical distancing would not be possible.
  - Write down the number of the taxi, or its plate number and keep it for at least 14 days. This will help with contact tracing by the health authorities, in case of need.
  - Practise respiratory hygiene: **Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze.** Then dispose of the used tissue as soon as possible, preferably in a closed waste bin.

(<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>).

- Comply with your health authorities' requirements.



## Be considerate of other passengers if you need to use a private car.

- **Practise respiratory hygiene:**
  - **Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze.** Then dispose of the used tissue as soon as possible in a closed waste bin.

**When you leave public transport, a taxi or car, clean your hands with water and soap or alcohol-based hand rub as soon as possible, and in any case, as soon as you reach your destination.**