



# Supporting Document 3. COVID-19: Information and Guidance

## Personal or work travel and physical distancing

Physical distancing and staying safe advice is in place for all. You should follow the 'stay at home' advice if you have COVID-19 symptoms, have been diagnosed with COVID-19 or are self-isolating (e.g. through household isolation or Test and Protect measures).

When using public transport (buses/trams/subways/trains) and private/commercial vehicles, aim to maintain a 2 metre physical distance whenever possible. Where people from different households are sharing a private vehicle (car, taxi, minibus, lorries) then consideration should be given to how physical distancing can be applied within the vehicle, where possible. If you can adhere to physical distancing whilst travelling, then do so. Where this is not possible and you are travelling with non-household members, limit the number of passengers and space out as much as possible.

The Scottish Government have the following advice for [Phase 3](#):

“In enclosed spaces, where physical distancing is more difficult and where there is a risk of close contact with multiple people who are not members of your household, you should wear a [face covering](#).

People must wear a face covering in shops and on public transport and public transport premises such as railway and bus stations and airports. This applies to open-air railway platforms, but not to bus stops.

There is no evidence to suggest there might be a benefit outdoors from wearing a face covering unless in a crowded situation.

Physical distancing, hand hygiene and respiratory hygiene are the most important and effective things we can all do to prevent the spread of coronavirus. The wearing of face coverings must not be used as an alternative to any of these other precautions.”

Additional information, including specific exemptions are outlined also.

Household members can travel together in larger numbers in a private vehicle. People who are in the higher risk category should consider carefully how they can apply the social distancing advice stringently.

The following general infection prevention and control measures should be followed:

- Hand hygiene - use handwashing facilities or, where available, alcohol based hand rub before and after journeys.
- Catch coughs and sneezes in tissues or cover mouth and nose with sleeve or elbow (not hands), dispose of the tissue into a bin and wash hands immediately.
- Practice physical distancing. For example, sit or stand approx. 2 metres from other passengers, travel in in larger vehicles where possible or use vehicles with cab screens, if available.
- If using public transport, try to avoid busier times of travel to ensure you can practise physical distancing.
- Clean vehicles between different drivers or passengers as appropriate.
- Do not attend work or use public transport if displaying any COVID-19 symptoms.
- See Transport Scotland's [advice on how to travel safely](#) for further information.