Travel safely by train, bus, tram, boat and cableway: How to protect yourself on public transport.

**Wear a face mask.**
You must wear a face mask at stations and when travelling:
By train, bus, tram, boat and cableway.
Bring your own face mask.

**Keep your distance.**
Stay at 1.5 metres from others:
• at stops and stations,
• at ticket counters and ticket machines,
• during the journey.
Leave room for others when getting on and off.

**Avoid rush hour.**
Rush hour is from 6am to 9am and from 4pm to 7pm.
Lots of people travel at these times.
Do not travel during rush hour.
Take vehicles with few people on them.
Buy tickets on the internet.

Plan your trip:
- Look up the timetable on the internet.
- Buy the ticket on the internet or at a ticket machine.
- Pay by card.

Follow hygiene rules.

The hygiene rules are important.
For example:
- Wash your hands with soap.
- Sneeze or cough into the crook of your arm or into a tissue.
- Are you ill? Then stay at home.

Rubbish.

Cleanliness is very important.
We clean the vehicles a lot.
Please help us:
Take your rubbish when you get off.
Throw the rubbish into a bin outside.