

Face covering - bear it a bit longer

From 22 January it is no longer a Legal requirement to wear a face covering whilst traveling by bus and train

You are however strongly encouraged to continue to wear one on busy buses



“I’m not worried”

Whilst wearing a face covering may offer some benefits to protect yourself, the real benefit is to others.

The face covering restricts the distance particles on your breath can travel.

So with other Social Distancing measures, make it less likely that you could pass any infection to others

“I can’t bear to wear a face mask”

Face masks are not for everyone, but there are plenty of alternatives which will do the same job and protect others

So test the options
and find the right one for you



Make your own

Home made face coverings can be a lot less restrictive than mass produced ones and far more comfortable.

Follow simple instructions online.

If you are no good with a needle and thread
Just buy one from those who are
to a design to suit you.

Recycle - it's free

Just dig out an old scarf from the back of the wardrobe
and wrap it around your face.



Become a dandy Highwayman (or woman)

Get a bandana or headscarf.

Lightweight; easy to wash;
ties at the back so no ear tags
folds up small when not in use

For not much money, could save lives

Tube Scarf

Have difficulty being ready when the bus arrives ?

This one is easy
Goes over your head
Sits around your neck
Then just pull up - as the bus does

No straps or need to tie behind your head

Lightweight; easy to wash;
folds up small when not in use





Plastic Face Visor

Easy to clean and less restrictive on breathing
but less portable

Not so good if you need glasses

Some people have medical conditions that makes it difficult or impossible to wear anything on your face

The often have a special card or lanyard to discreetly explain why the are unable to wear a mask



Remember whilst you may prefer to still wear one it is no longer a Legal requirement

Don't get into an argument if someone else is not.

They may be unable to wear one - but even if they are not, raised voices and shouting just project their breath and any infection further.

Whichever option you choose remember :-

- Wash or sanitise your hands before putting it on and as soon as possible after taking it off.
- Avoid touching the area near your nose and mouth
 - Keep it clean and safe when not in use
 - When you get home, clean or wash it, so it is ready for your next trip



Remember whilst you are doing this to keep others safe, they will be doing the same for you.

Like your last Rolo, COVID 19 is something not to share with others on the bus.