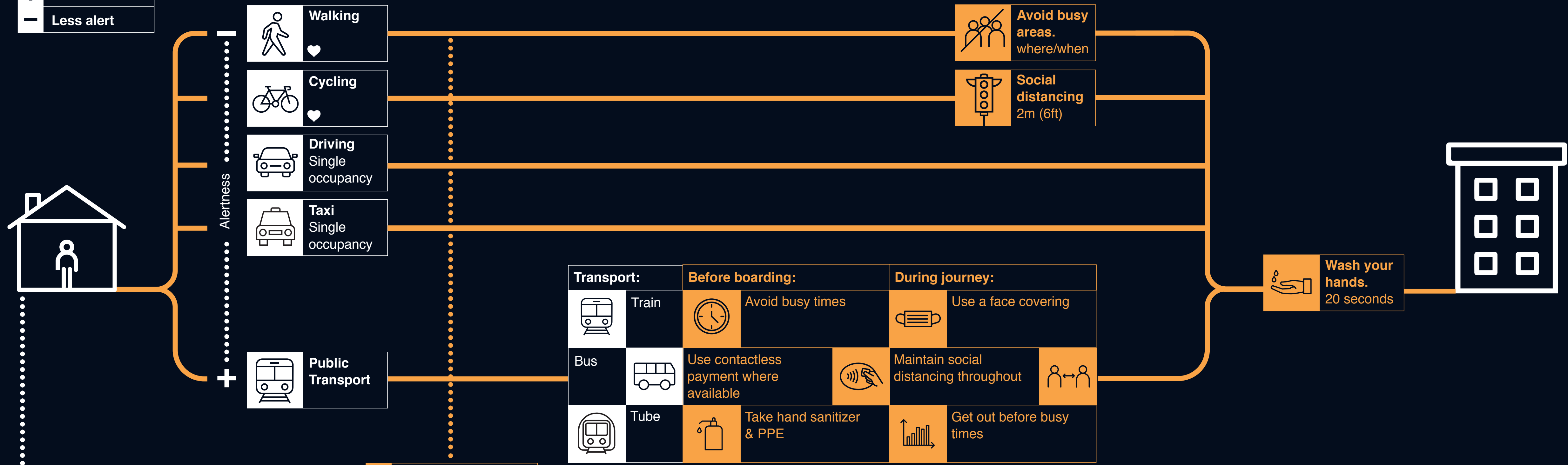


Legend

♥	health benefits
+	More alert
-	Less alert



? Stay at home
Stay at home if you or a member of your house has Covid-19 symptoms or is in self isolation.

? Consider switching
Is there another mode of transport that could be considered? A different route?

? AM Peak
Avoid hotspots, consider when and where.

? Arriving at office
Ensure your hands are thoroughly clean and ensure 2m distance at all times where possible.

