



**chambers &
hedingham**

You MUST wear a face covering when travelling on our buses

- ◇ A face covering MUST be worn on our buses unless you are exempt*
- ◇ Face coverings help prevent illnesses like Covid 19 from spreading to others whilst speaking, coughing and sneezing.
- ◇ Your face covering can be a scarf, bandana or a homemade mask.
- ◇ It must cover your nose and your mouth.

Help to protect our drivers and other passengers

#keepingeveryonesafe

You may be exempt from wearing a face covering ...

- If you have a physical or mental illness or impairment, or a disability that means you cannot put on, wear or remove a face covering.
- If putting on, wearing or removing a face covering would cause you severe distress.
- If you are travelling with, or providing assistance to, someone who relies on lip reading to communicate.
- If you are travelling to avoid injury or escape the risk of harm, and you do not have a face covering with you
- If you need to remove it during your journey to avoid harm or injury or the risk of harm or injury to yourself or others.
- If you need to eat, drink, or take medication you can remove your face covering.
- If you are a child under the age of 11

How can I prove I am exempt?

Carry a FREE Helping Hands Card when you travel and show our drivers as you board.

You can download or photograph our **Helping Hands card** from www.hedingham.co.uk/helpinghand or request we post one out to you. Simply email services@hedingham.co.uk your name and address.



We look forward to welcoming you on-board but please do follow the rules.

The police can fine individuals up to £100 if they don't follow the rules