

Coronavirus

Advice on car sharing

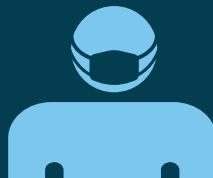


At this time please **avoid car sharing**, but if you have to, please follow these simple steps

Wash hands or use sanitiser before and after journey



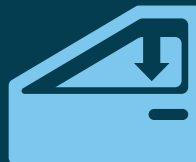
Wear face coverings



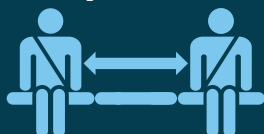
Share with the same small group only



Keep windows open



Sit as far away as possible



Clean car surfaces after every journey (including seatbelts and internal/external handles)



Got coronavirus symptoms?

New continuous cough, high temperature,
loss of taste and/or smell



Self-isolate and get tested

Stay at home and book a test. Anyone in your households should isolate with you until they know the outcome of your test.

To book a test visit www.pha.site/cvtesting
Call 119 if you cannot book online.

If you have been in close contact with someone who has tested positive, you must **self-isolate and book a test** even if you have followed the advice in this leaflet.