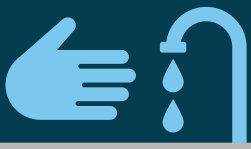
COVID-19

Advice on car sharing

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

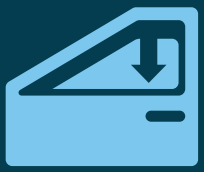
Wash hands or use sanitiser before and after journey



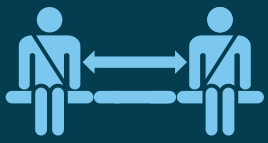
Wear face coverings

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)

Do not share a car if you have COVID-19 symptoms or have had a positive lateral flow test.

Got COVID-19 symptoms?

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

Self-isolate and get tested

Stay at home and book a PCR test. Self-isolate for 10 days if you have a positive result. You may be able to stop isolating early if lateral flow tests on days 5 and 6 are negative.

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

If you are not fully vaccinated and have been in close contact with someone who has tested positive, you should self-isolate for 10 days, even if you have followed the advice in this leaflet. If you are fully vaccinated, you can stop self-isolating as long as daily lateral flow tests remain negative.

For more detailed information and guidance for vaccinated and unvaccinated contacts, go to:
www.nidirect.gov.uk/articles/coronavirus-covid-19-self-isolating

HSC Public Health Agency

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Find us on:

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