

Car sharing advice



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



Wear face coverings



Sit as far apart as possible



Share with the same small group only



Keep windows open



Wash hands or use sanitisers before and after



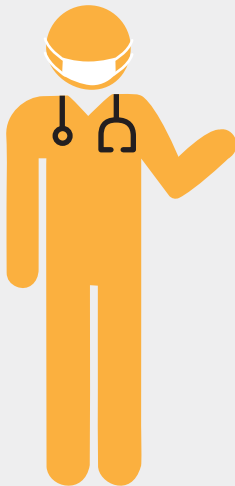
Clean the car after every journey (including internal and external handles)





If you have any of these symptoms:

New continuous cough
High temperature
Loss of taste/smell



Get tested as soon as possible

Book online via nhs.uk/ask-for-a-coronavirus-test
or by calling 119



Isolate at home

Your household should also isolate. If you test positive you must isolate for 10 days, your household for 14 days.