

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



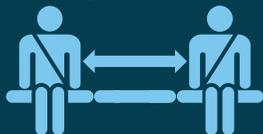
Share with the same small group only



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

Stay at home for 10 days. Anyone in your
households should isolate for 14 days

Get tested

Visit www.pha.site/cvtesting to book a test
at your nearest centre or order a home
test kit. Call 119 if you cannot book online.

If you have been in close contact with someone who
has tested positive, you must **self-isolate for 14 days**
even if you have followed the advice in this leaflet.