

Advice on car sharing

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



Wear face coverings



Sit as far away 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 handles internal and external)

Got symptoms?

Continuous cough, high temp, loss of or change to taste and/or smell.

Get tested

Call 119 or use the NHS UK testing portal to book a slot at a local testing centre.
Only people with symptoms should get a test.

Self-isolate

Whilst waiting for test results: isolate at home with your household.
If your test comes back negative, and you are well, you and your household can end isolation.

If you have a positive test result: isolate at home for 10 days from the date you first had symptoms.
Your household and other close contacts need to isolate for 14 days*

* Contacts of cases should only get tested if they develop symptoms.

Contacts of cases must self-isolate for 14 days even if they test negative during those 14 days.