

## Advice on car sharing

**Covid-19 rates are rising so please avoid car sharing with people not in your household. This includes friends, family and work colleagues.**  
**If you have to, please follow these simple steps:**



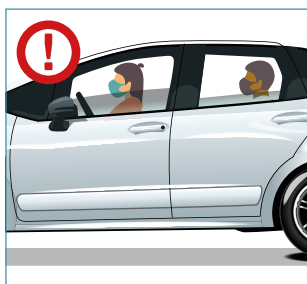
Wash or sanitise your hands before and after journeys



All wear face coverings (passengers and driver)



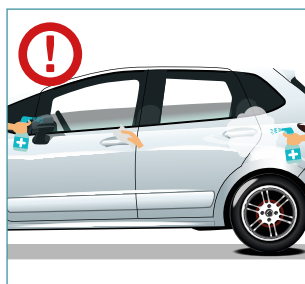
Keep the vehicle windows open for ventilation



Share the transport with the same, small group of people each time



Try to sit as far away from others in the vehicle, including the driver



Clean car surfaces after every journey, including handles, seatbelts and other areas that people may touch

**Do it for the ones you love and care about.  
Do it to reduce the spread of the virus.**



Please encourage everyone you live with, as well as friends, family and others to follow the public health guidance to protect themselves from COVID-19.



## ! IMPORTANT TO REMEMBER



If you or someone you live with gets symptoms of Covid-19 you **must** get a test

### The symptoms of Covid-19?



A high temperature



A new cough that does not stop (continuous)



A loss of smell or taste

### Get tested for Covid-19



Book online at [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)



Or Call **119**



Once you have your appointment confirmation visit a walk in or drive through testing unit

### If you test **POSITIVE** for COVID-19



**YOU MUST SELF ISOLATE**



Stay at home for **10 DAYS**



Anyone in your household should isolate for **14 DAYS**



**Don't** leave your home



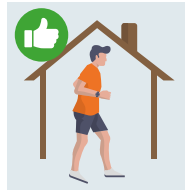
**Don't** go out to work, school, or to public areas



**Don't** use public transport or taxis



**Don't** go out to buy food or other essentials



**Take exercise at home or in your garden, if you have one**

**Need help to self-isolate?** Support is available for some people who cannot work from home and will lose income if they need to self-isolate.

For more information visit [www.fenland.gov.uk](http://www.fenland.gov.uk) or call 01354 654321



For updates and advice check our websites which will be regularly updated [www.fenland.gov.uk](http://www.fenland.gov.uk) • [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk) and [www.gov.uk](http://www.gov.uk)