**Advice on Car Sharing**

 **Adult Social Care**

If you have to car share there are simple actions you are advised to take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections such as flu.

1. Wash your hands with soap and water or use alcohol hand sanitiser before, during and after the journey
2. Wear a fluid repellent face mask
3. Ensure maximum ventilation by opening windows during your journey
4. Keep your distance from other people you are travelling with by sitting as far away as possible from each other
5. Limit close contact with others you are travelling with
6. Cover your nose and mouth if you cough or sneeze
7. Avoid car sharing with multiple people. Try to car share with the same individual / small group
8. Clean frequently touched car surfaces (e.g seatbelts, internal / external door handles) after every journey
9. **Do not car share** if you have symptoms of COVID-19 or have a positive Covid-19 test result
10. **Do not car share** if you feel unwell with symptoms of a respiratory infection or diarrhoea and vomiting
11. Get vaccinated. Vaccines are the best defence we have against COVID-19 and other respiratory infections such as flu
12. If the care home/ care setting is experiencing an outbreak of COVID-19, Flu or D&V, avoid car sharing where possible and especially sharing with staff cohorted to affected units/ floors