If you car share, please remember to take care

If you can cycle, walk or drive alone to work you should do so.

If you have to share a car, please follow the guidance below to keep yourself and others safe:

- Everyone in the car should wear a face covering.
- Clean your car between journeys, especially door handles and seatbelts.
- Space apart from others where possible.
- Keep to small groups at any one time.
- Keep the windows open to help with ventilation.
- Always car share with the same people.
- Wash your hands before and after any journey.

If you need this poster in other languages please contact: nccg.urgentresponsecomms@nhs.net

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