

Shielding guidance for Leicester:

- Stay at home as much as possible and keep visits outside to a minimum.
- Time outdoors can be with members of your own household, or if you live alone with one person from another household.
- You should maintain social distancing and avoid gatherings of any size
- You are advised not to be part of a support bubble with another household.



[Leicester.gov.uk/coronavirus](https://leicester.gov.uk/coronavirus)



Everyone in your household should:

- Wash their hands more frequently, for 20 seconds
- Avoid touching their face
- Regularly clean surfaces such as door handles, switches, taps, toilet flushers etc
- Not go into other people's homes or gardens, including family



leicester.gov.uk/coronavirus



CORONAVIRUS AND CAR SHARING



DO:

- Keep windows open
- Clean the car between journeys – especially areas people may touch
- Touch as few surfaces as possible
- Keep to one person per row if possible
- Consider cycling or walking instead
- Consider a 'travel buddy' system
- Face coverings are advised

DON'T:

- Talk loudly, shout or sing
- Face each other
- Share with lots of different people on different days



REMEMBER: Coronavirus spreads faster in enclosed spaces, including cars and other vehicles, than it does outdoors.

