

Car Sharing Guidance for Care Home and Care at Home Staff

Following the new restrictions we know there are still a lot of staff unsure about minimising risks when car sharing.

We recognise that there may be occasions when there is no alternative but to travel with people from out with your household especially when travelling to and from work. This should be limited as much as possible. When this is unavoidable:

- **You must not share a vehicle if either the driver or passenger is feeling unwell or has any symptoms of Covid – however mild- or if either has been advised by Test & Protect that they are a contact of a confirmed case**
- **Wear a face covering which fully covers your nose and mouth (this is mandatory on public transport)**
- **Limit the number of different people you share transport with – if you regularly travel with others, try to share with the same people each time if possible**
- **Limit the number of persons within the vehicle- Driver and 1 passenger only, where possible in a standard car**
- **The passenger should sit in the back seat on the left hand side to maximise the physical distance between people in the vehicle**
- **Avoid touching your face covering**
- **Wash or sanitise your hands before and after your journey and if you are the driver you should encourage passengers to do likewise**
- **Use windows and/or vents to encourage fresh air circulation inside the vehicle and removal of 'stale' air. Avoid using air recirculation settings on your car.**
- **If you regularly share a vehicle, clean vehicle touch points (door handles, steering wheel etc) at least daily with a detergent wipe or similar**

Adherence to these measures can reduce the risk of transmission of Covid.

Based on guidance issued to all NHS Lothian staff on 14th October 2020 and reflects national guidance from Health Protection Scotland

29th October 2020