

How Can I Shop Safely During Covid 19?



When shopping, the main risk is coming into contact with an infected person.

Follow good hygiene practices and minimise contact with people outside of your household.

Stay at home if you're at higher risk and do not go out shopping if you are: feeling unwell, at higher risk from Coronavirus or if you are cocooning.

If you need help, you can also contact your local County Council's Community Response Forum. They have community support in place to help deliver essential items.

Try to limit shopping trips to once a week. This reduces your risk of getting Coronavirus or spreading it to others. No reported cases of Coronavirus have been linked to contaminated food. Animals or animal products legally imported into the EU are not a health risk from Coronavirus.

When shopping

- Use the sanitiser provided for your hands and trolley or basket.
- Remember to avoid touching your face.
- If you cough or sneeze, cover your mouth and nose with a tissue or your sleeve.
- Keep 2 metres distance between yourself and others in queues and while shopping.
- If possible, pay by card instead of cash and use contactless payment.

After shopping

- Wash your hands properly
- Put away your shopping.
- Wash your hands again.

