

Safer shopping during COVID-19

Are you well enough to go shopping?

You must **stay at home** if you have:

- a new continuous cough
- a high temperature
- a loss of or change in sense of smell or taste

Ask a friend or neighbour to get some essentials for you and leave them at the door for you to collect.

Remember:

1

Before shopping

Wash your hands for 20 seconds



2

While shopping

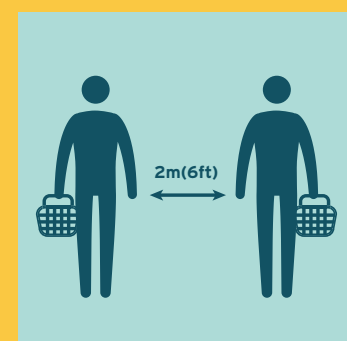
- avoid touching your face



- if sanitiser is available, wipe handles on trolley/basket before and after use



- stay 2m (6ft) apart from the next person



- use a contactless payment card if possible



3

After shopping

Wash your hands for 20 seconds



**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY SAFE



SAVE LIVES

HSC Public Health Agency

Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

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