

Safer shopping during COVID-19

If you have:

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

you must **stay at home** and arrange a test. Visit pha.site/cvtesting or call 119 if you can't get online.

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

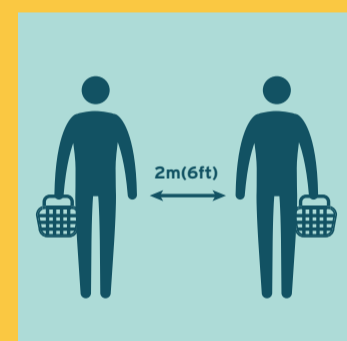
- wear a face covering and avoid touching it/your face



- 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

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