

# You can shop safely this Christmas, and keep our retail staff safe too.



## What can individuals do to shop safely?

You can **SHOP** safely if you just remember and follow simple rules:

### S - Set yourself up to meet the virus on your trip

- Treat everybody you meet in shopping settings as if they could have the virus.
- Carry hand sanitiser and face-coverings.
- VISORS will not provide the same level of protection as a cloth face-covering unless they are fully down over your face and cleaned BEFORE and AFTER use.
- Cloth face-coverings should be more than one layer and MUST cover your nose..

### H - Hands can pass the virus

- Sanitise your hands before you put on and remove your face-covering.
- Handle as few things as possible – only touch what you intend to buy.
- DON'T touch your face – we touch our face on average every 20 seconds without knowing. Keeping your hands below your shoulders will dramatically reduce this and therefore the risk of transmission.
- DON'T fiddle with or adjust your face-covering in store unless your hands are clean.

### O - Stay Outside the transmission zone

- If a shop is crowded and stuffy, come back later.
- Wear a face-covering.
- Stay 2 metres from others as much as possible, and avoid getting any closer than 1 metre from someone else, even if the shop is busy.

### P - Protect yourself from infection via objects

- Sanitise your hands when you leave...
- Then remove your face-covering.
- Sanitise your hands after using fuel pumps.
- Only touch your purse, wallet or payment card with clean hands.

