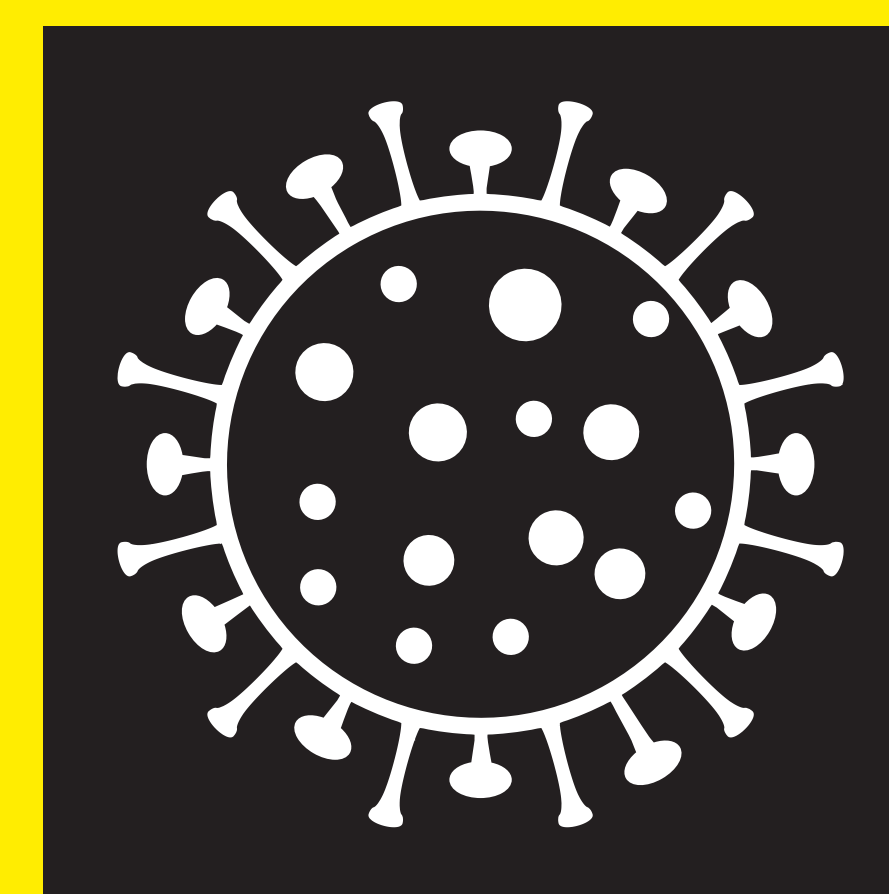


Coronavirus **COVID-19**



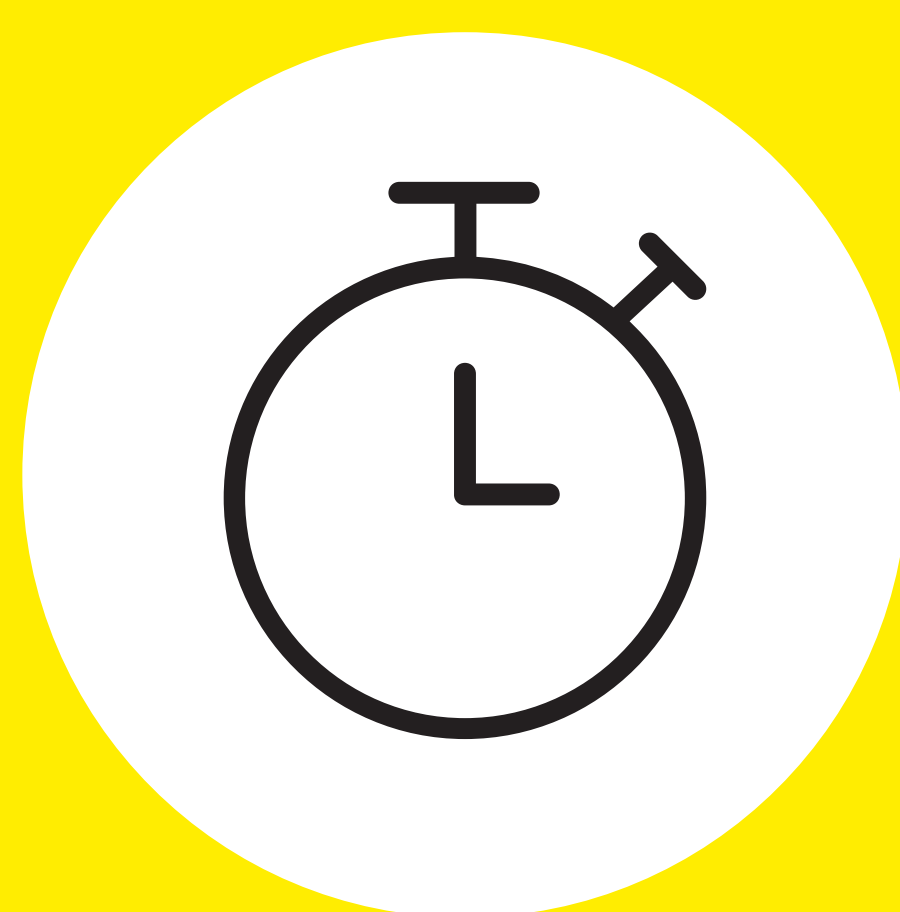
Coronavirus
COVID-19
Public Health
Advice

Stay safe guidelines **when shopping.**



Know

the symptoms. If you have them self isolate and contact your GP immediately



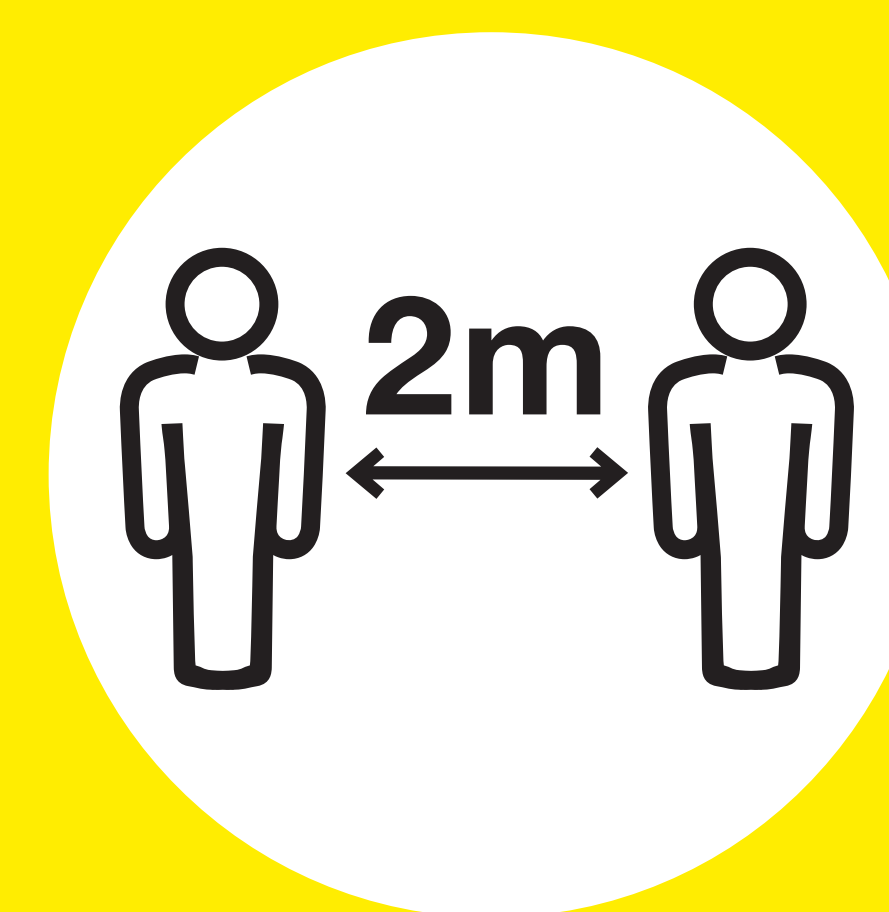
Keep

the amount of time indoors shopping as short as possible



Avoid

crowds and crowded places



Stay

2m away from people when queuing



Wear

a face covering*



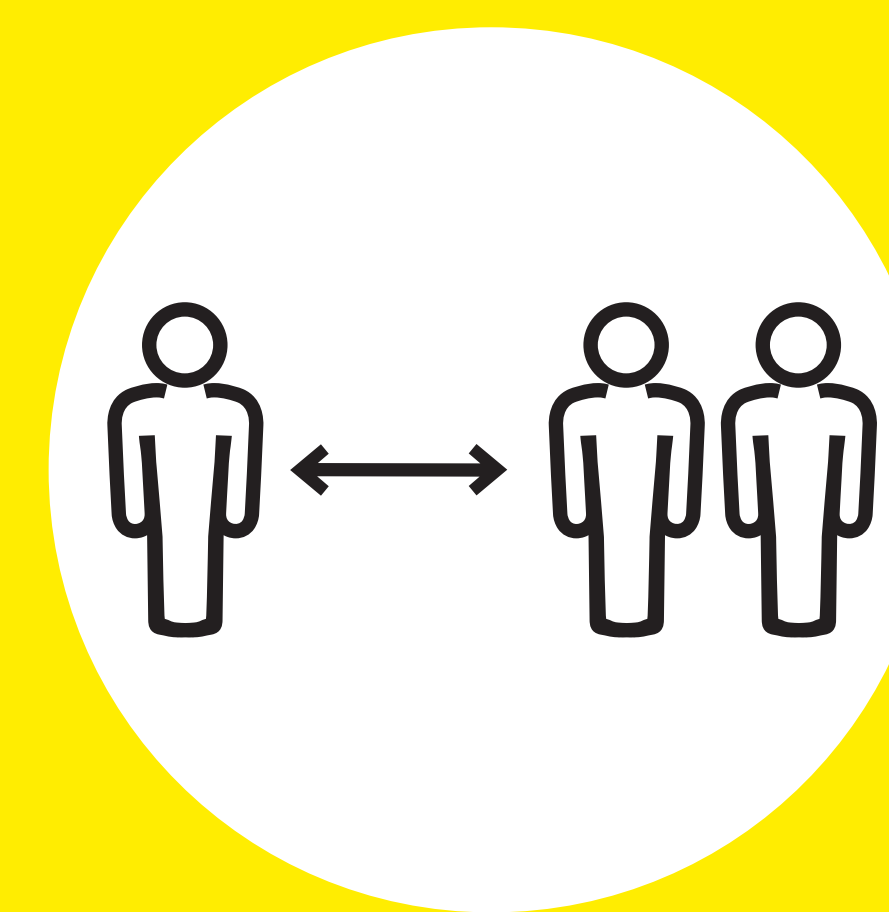
Practice

good cough /sneeze hygiene. Use your elbow or a tissue



Pay

special attention to vulnerable people



Step

aside to give others space



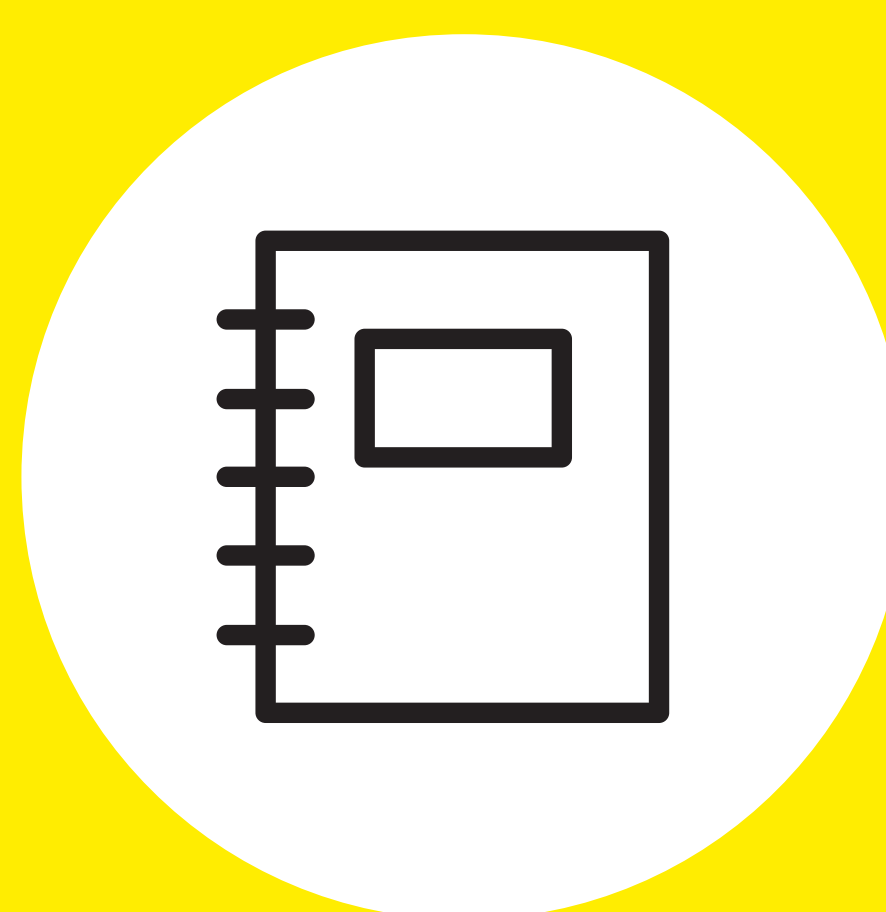
Respect

other people including staff



Wash

your hands for at least 20 seconds when you get home



Keep

a log of who you meet each day

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

* Not suitable for children under 13 and those who have difficulty wearing them

#holdfirm