



Staying safe at the supermarket



This is how to stay safe from the corona virus when you go to the supermarket.



Try to reduce the number of times you go shopping.



Do a list and try to buy everything you need for a week.



When you are outside or in the supermarket, keep your distance from other people.

You should stay at least 2 metres away from the next person.

Do not reach across anyone to pick things off a shelf.



Remember to keep your distance from the next person in the queue for the checkout



Use the stairs instead of the lift, if you can.

This is because it is difficult to keep your distance from other people in the lift.

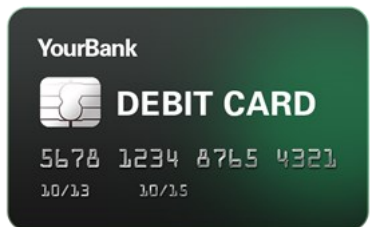


If there are other people in the lift, wait until it is empty.



It is safer to pay at a regular checkout than at a self-service till.

This is because the virus may be on the self-service till.



Money can carry the virus, so use a contactless bank card if you can.

The contactless limit will go up to £45 on 1 April.



Remember to wash your hands when you get home.