



# How to stop the spread of Coronavirus disease

**We're having to stay at home more now due to COVID-19 but there are times when you might need to venture out.**

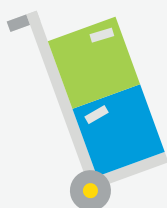
**Here are some tips to help you navigate this new world.**

## Going Shopping



1. Make sure you are up to date with the physical distancing guidelines.
2. One person per household should be the "shopper".
3. When out keep your distance from others – 1.5 metres.
4. Wipe trolley or basket handles down.
5. Try to shop for several days at once, if not a week.
6. Use tap and go for payments.
7. Wash your hands for 20 seconds if you can or if you have hand sanitizer use it.
8. Don't touch your face.
9. Before you get back into your car sanitize before you touch the steering wheel.

## Deliveries



1. Have packages placed if you can at the front door or a "safe place".
2. Wipe down all packages including mail and wash your hands for 20 seconds.

## Coming Home



1. Wash your hands for 20 seconds.
2. Make sure you have set up a sanitation zone outside the front door - wipes and if possible, disinfectant to wipe packages down before they come into the house.
3. Take off your shoes and leave them outside.
4. Wash all your produce before putting it away.
5. Wipe down everything that you touch – car keys, door handles, phone, light switches etc.

## What if someone falls ill?



1. Contact your doctor.
2. Quarantine sick house members for 14 days to a room on their own.
3. If you can, give them a face mask and wear one when you are in the same room as them
4. Increase cleaning especially around areas they frequent and wash your hands for 20 seconds after.
5. If possible, clothes and bed sheets — handled with gloves and surgical masks — should be washed more frequently to minimize the risk of transmission.
6. Try to keep windows open to allow fresh air to flush the house.
7. Keep clothing and cutlery separate.