

Are you delivering shopping for someone else or receiving shopping?

To keep everyone safe we ask you to follow this guidance:

Are you picking up shopping for someone?

Remember! Every contact is an opportunity for infection.

1. Before you go ask your 'friend' to order and pay by phone so you don't have to handle any money
2. If you do have to handle cash, ask them to leave it in an envelope on the door step
3. At the delivery address knock on the door. Don't use bell or knocker. Place items on door step, walk away and do not wait to be thanked - communicate only by waving through a closed window or chat by phone. Do Not go into the house. If the person comes to the door as you approach and needs to speak to you, walk back a car's length to speak and then ask them to close the door to enable you to leave the package safely
4. Wash your hands with hand sanitising gel after delivery and again with water and soap before eating or drinking.

Receiving shopping from someone else?

Remember! Every contact is an opportunity for infection.

1. Do Not open your door to thank the deliverer. If you need to speak call them on the telephone
2. Leave the items in the bag on doorstep for as long as possible - at least an hour. A longer time is preferable. If your doorstep is not secure then bring them into the house, wash your hands and leave for an hour.
3. If you can't carry heavy boxes or bags, please take your time to bring items in separately. The deliverer must not bring your shopping into your house
4. Finally, Wash your hands with soap for 20 seconds.

Many people are asking - Can I get COVID-19 Coronavirus by handling cash and credit cards?

The fact that money spreads germs is not new information however, we cannot find any official warning or statement about not using cash, and can only stress that hand-washing is one of the best preventative ways to help keep yourself healthy. So at all times follow this guidance:

The following advice is from PHE and is advice for anyone in any setting is to follow these main guidelines.

1. The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.
2. Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.
3. To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately. Then wash your hands or use a hand sanitising gel.
4. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.gov.uk/government/organisations/public-health-england>