

## **Coronavirus - Protocols for being outdoors**

Although the official guidance is that we should all socially distance ourselves during this coronavirus outbreak it is unrealistic to expect that we will never have to leave the house.

There is a need for a common-sense approach to this but here are some guidelines that it would be useful to follow.

### **Going to the Shops, Supermarkets and Pharmacies**

Firstly, please don't panic buy. The food suppliers have said that there are adequate supplies. The empty shelves we are seeing at the moment are causing problems for vulnerable groups who now cannot get their normal supplies of food and sanitary items.

Please be courteous to and appreciative of retail staff. They are working very hard to keep shelves stocked as well as they can.

When in a shop, supermarket or pharmacy we know it can be difficult but please try to keep a distance of between 1-2 metres between you and others. This also applies if you are standing in a queue, either inside or outside the store.

Please also follow the guidelines below:

- Buy only what you need and then leave. Don't use this as a day out or an opportunity for browsing
- Only one person from the household needs to go to the shop
- Don't touch the produce
- Wash hands before setting out
- Wash hands on arrival at home
- Take hand sanitiser with you if you have some
- Use your own carrier bags
- Please try to pay by contactless card if you can, although we realise this isn't always possible. This will help slow the spread of COVID-19

### **Visiting an Open Air Market**

Going to an open air market is OK because:

- It's open air
- Due to reduced number of sellers, the stalls are being distanced from each other
- It's safer than supermarkets (no trolleys, no tills/conveyor belts/no shelves)

Please follow the same guidelines for shops, supermarkets and pharmacies.

### **Getting Money from an ATM**

If you are queuing for an ATM, stand 2 metres away from the person at the machine.

It would be advisable, if you are able, to use disposable gloves while accessing the machine. If you cannot use gloves, please use hand sanitiser if you have any. Please wash your hands at the earliest opportunity.

**Information correct at 24/03/2020** - Please go to <https://www.gov.uk/coronavirus> for the latest government guidance.

### **Getting Petrol/Diesel for your vehicle**

It would be advisable, if you are able, to use disposable diesel gloves while accessing the petrol pump. If you cannot use gloves, please use a disposable towel and then hand sanitiser when you are finished, if you have any. Please wash your hands at the earliest opportunity.

If you have the opportunity to use Pay at Pump machines this will help to reduce contact with the petrol station members of staff but please follow the guidance for using ATM machines.

### **Going out for walk/run/bicycle ride or to the park**

It is important for our physical and mental wellbeing that we exercise where possible. By all means go for a walk but avoid close contact with people, even when outside.

- Keep a distance of at least 2 metres to help slow the spread of COVID-19
- Try to keep to the left on the pathway, as if you were driving, to allow room for others to pass and maintain social distancing. This applies to walkers, runners and riders.

Specifically for children:

- Avoid games and activities that require close contact.
- Avoid frequently touched surfaces and objects. This includes playground equipment like slides and swings.
- Don't share equipment such as bicycles, helmets, balls or frisbees.

When you get home, wash your hands as soon as you can.

### **Dog Walking**

If you have a dog you will know that they need a walk. When out with your dog please

- Keep your dog on a lead. This will minimise the need to be in proximity with other people if your dog runs off.
- Please continue to clean up after your dog. Bring an extra poo-bag so that you can use this as a glove to open the dog waste bins. This will minimise the germs on the handle. Dispose of the "glove" bag also.
- Wash your hands as soon as you can.

### **General Guidance**

General rules to follow relating to Coronavirus:

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough and sneezes with a tissue and discard the tissue in a closed container.
- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser containing at least 60% alcohol: When you return indoors, before and after eating, after using the toilet, after coughing or sneezing, and after touching surfaces or items that may be contaminated.

### **If you are sick or had contact with someone who is sick in the last 14 days:**

You should stay home. You may enjoy spending time in your own garden or other personal outdoor space but should not go into public outdoor spaces.

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