

WASH YOUR HANDS!

How to Avoid catching or spreading Coronavirus (COVID-19)

Do

- ✓ Wash your hands with soap and water often - do this for at least 20 seconds.
- ✓ Always wash your hands when you get home or into work.
- ✓ Use hand sanitiser gel if soap and water are not available.
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) if you cough or sneeze.

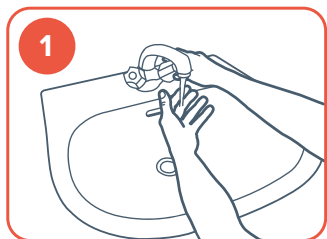
Don't

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean.
- ✓ Put used tissues in the bin straight away and wash your hands afterwards.
- ✓ Try to avoid close contact with people who are unwell.

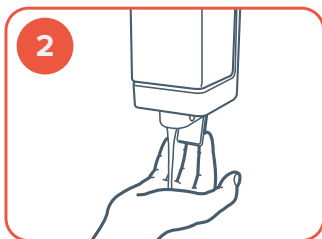
How to handwash

WITH SOAP AND WATER

 Duration of entire procedure
40-60 seconds



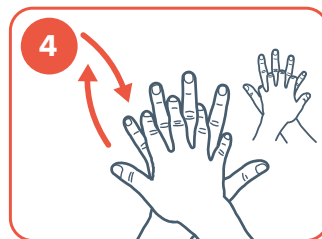
Wet hands with water



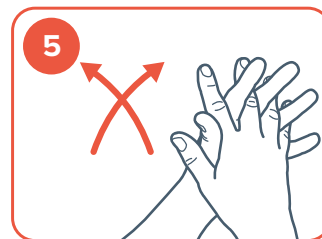
Apply enough soap to cover all hand surfaces



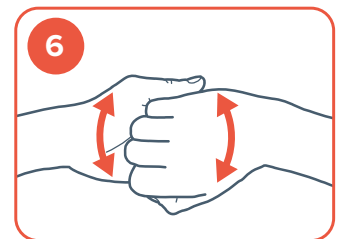
Rub hands palm to palm



Rub back of each hand with the palm of the other hand with fingers interlaced



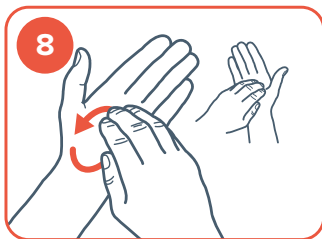
Rub palm to palm with fingers interlaced



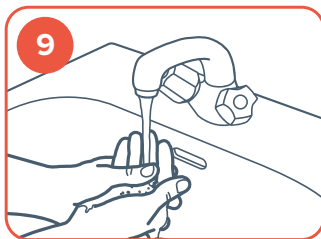
Rub with backs of fingers to opposing palms with fingers interlaced



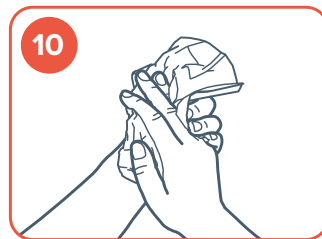
Rub each thumb clasped in opposite hand using rotational movement



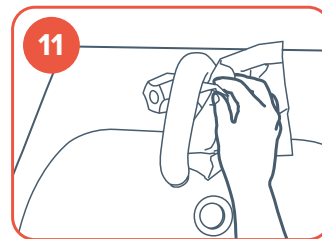
Rub tips of fingers in opposite palm in a circular motion



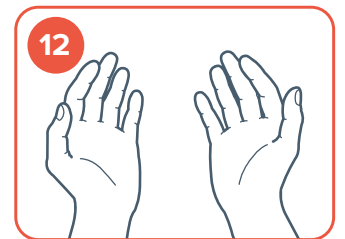
Rinse hands with water



Dry roughly with a single-use towel



Use towel to turn off tap



Your hands are now safe

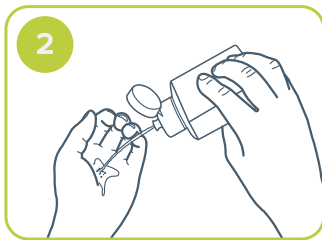
How to handrub

WITH ALCOHOLIC HANDRUB (containing at least 60% alcohol)

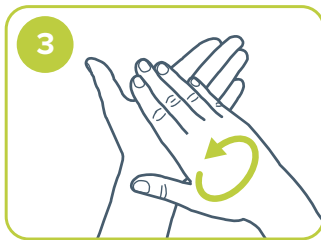
 Duration of entire procedure
20-30 seconds



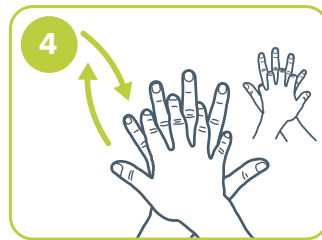
Apply a small amount of the product (about 3ml) into a cupped hand



Apply enough to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with the palm of the other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



When dry, your hands are now safe

AVOID SHAKING HANDS!



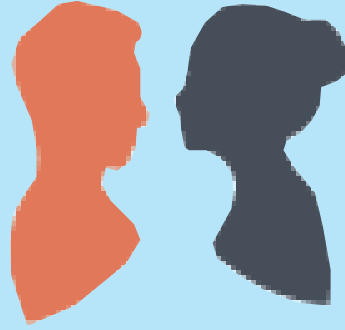
**We have adopted a no-handshake policy
to ensure our customers and staff are
minimising their risk.**

**PREVENT CATCHING
OR SPREADING
CORONAVIRUS** (COVID-19)

STAY SAFE. STAY CALM.



Take everyday preventive actions to stay healthy.



Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.



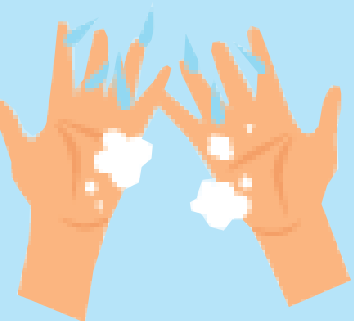
Stay home when you are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Wash your hand often with soap and water for at least 20 seconds.



Follow public health advice, travel advisory, avoiding crowds and other social distancing measures.

PLEASE TAKE ACTION NOW!

COVID-19: SYMPTOMS / ADVICE

If you have Coronavirus symptoms, however mild – either a new continuous cough or a high temperature – then you should stay at home for at least SEVEN days to protect others and help slow the spread of the disease.

1. SIGNS AND SYMPTOMS OF COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

A. Cough

B. Difficulty in breathing

C. Fever (Temp over 37.8 degrees)

Generally, these infections can cause more severe symptoms in people with **weakened immune systems**, **older people**, and those with **long-term conditions** like **diabetes**, **cancer** and **chronic lung disease**

2. PREVENTING SPREAD OF INFECTION

There is currently **no** vaccine to prevent COVID-19. The **best** way to prevent infection is to avoid being exposed to the virus.

Public Health England (PHE) recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:

- 1. Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze - See Catch it, Bin it, Kill it.**
- 2. Put used tissues in the bin straight away.**
- 3. Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available. See hand washing guidance.**
- 4. Try to avoid close contact with people who are unwell**
- 5. Clean and disinfect frequently touched objects and surfaces**
- 6. Do not touch your eyes, nose or mouth if your hands are not clean**
- 7. If you are worried about symptoms, please call NHS 111.**
- 8. Do not go directly to your GP or other healthcare environment.**

Further information is available on the **PHE** blog and [NHS.UK](https://www.nhs.uk).

Face masks for the general public are not recommended to protect from infection, as there is no evidence of benefit from their use outside healthcare environments

3. RETURNING FROM TRAVEL OVERSEAS TO AFFECTED AREAS

People who have returned from **Hubei Province**, including **Wuhan**, **Iran**, **Daegu** or **Cheongdo in the Republic of Korea**, and **any area within Italy** under containment measures in the last 14 days should avoid attending work. They should call **NHS 111** for advice and stay at home. Advice is in place for what to do if you have returned in the last 14 days from specified countries or areas which is being updated on an ongoing basis.

4. WHAT TO DO IF A MEMBER OF STAFF OR THE PUBLIC WITH SUSPECTED COVID-19 HAS RECENTLY BEEN IN YOUR WORKPLACE

For contacts of a suspected case in the workplace, no restrictions or special control measures are required while laboratory test results for COVID19 are awaited. In particular, there is no need to close the workplace or send other staff home at this point. Most possible cases turn out to be negative. Therefore, until the outcome of test results is known there is no action that the workplace needs to take.

5. WHEN INDIVIDUALS IN THE WORKPLACE HAVE HAD CONTACT WITH A CONFIRMED CASE OF COVID-19

If a confirmed case is identified in your workplace, the local Health Protection Team will provide the relevant staff with advice.

These staff include:

- 1. Any employee in close face-to-face or touching contact**
- 2. Talking with or being coughed on for any length of time while the employee was symptomatic**
- 3. Anyone who has cleaned up any bodily fluids close friendship groups or workgroups**
- 4. Any employee living in the same household as a confirmed case**
- 5. Contacts are not considered cases and if they are well they are very unlikely to have spread the infection to others**
- 6. Those who have had close contact will be asked to stay at home for 14 days from the last time they had contact with the confirmed case and follow the home isolation advice sheet they will be actively followed up by the Health Protection Team, if they develop new symptoms or their existing symptoms worsen within their 14-day observation period they should call NHS 111 for reassessment if they become unwell with cough, fever or shortness of breath they will be tested for COVID-19, if they are unwell at any time within their 14-day observation period and they test positive for COVID-19 they will become a confirmed case and will be treated for the infection.**

Individuals who have not had close contact with the original confirmed case do not need to take any precautions and can continue to attend work.

6. ADVICE FOR ANYONE RETURNING FROM TRAVEL ANYWHERE ELSE IN THE WORLD WITHIN THE LAST 14 DAYS

Currently, there are minimal cases outside the listed areas and therefore the likelihood of an individual coming into contact with a confirmed case is extremely low. These individuals can continue to attend work unless they have been informed that they have had contact with a confirmed case of COVID-19. If individuals are aware that they have had close contact with a confirmed case of COVID-19 they should contact **NHS 111** for further advice.

ABUSE



**WILL
NOT BE
TOLERATED**

**This includes
Verbal and/or
Physical Abuse.**

**Aggressive,
Offensive,
Intimidatory
or Disrespectful
behaviour.**

**This policy is in
place to protect
each other.**

Any Verbal and
Physical abuse by Staff or
Customers will not
be tolerated here.

URGENT CUSTOMER NOTICE

WE ARE OPERATING

A NO RETURNS

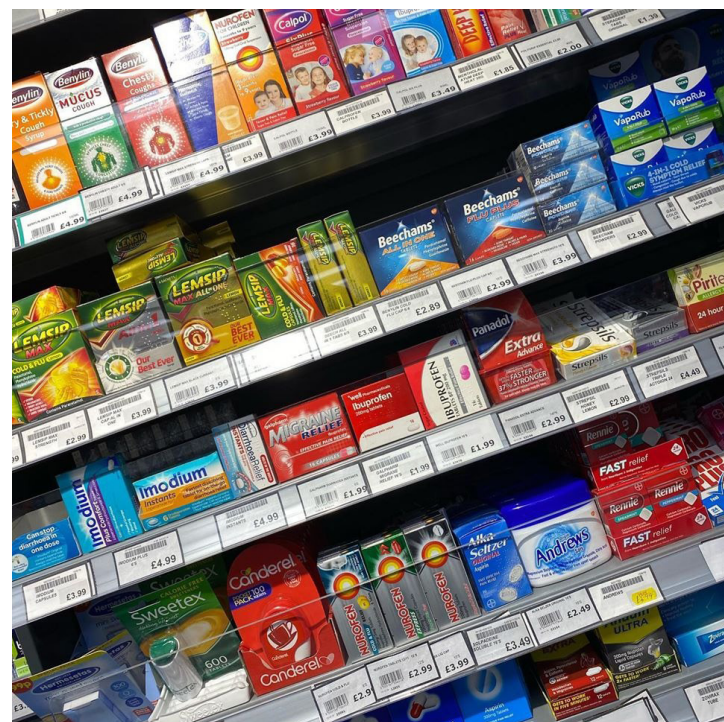
POLICY UNTIL

FURTHER NOTICE.

**We apologise for any
inconvenience this may cause.
Thank you for your patience
and understanding.**

**ARE YOU FED UP NOT GETTING WHAT
YOU NEED FROM THE SUPERMARKETS?**

**DID YOU KNOW LOCAL SHOPS
HAVE MOST OF THE ITEMS
YOU ARE LOOKING FOR?**



**SUPPORT YOUR LOCAL CONVENIENCE
STORE WHERE YOU WILL FIND WHAT YOU
NEED WITHOUT THE MASSIVE QUEUES.**

Day-*Today* **usave**
convenience store convenience store

SHOP LOCAL. EAT LOCAL. SPEND LOCAL.

URGENT CUSTOMER NOTICE

**WE ARE OPERATING
A NO RETURNS
POLICY UNTIL
FURTHER NOTICE.**

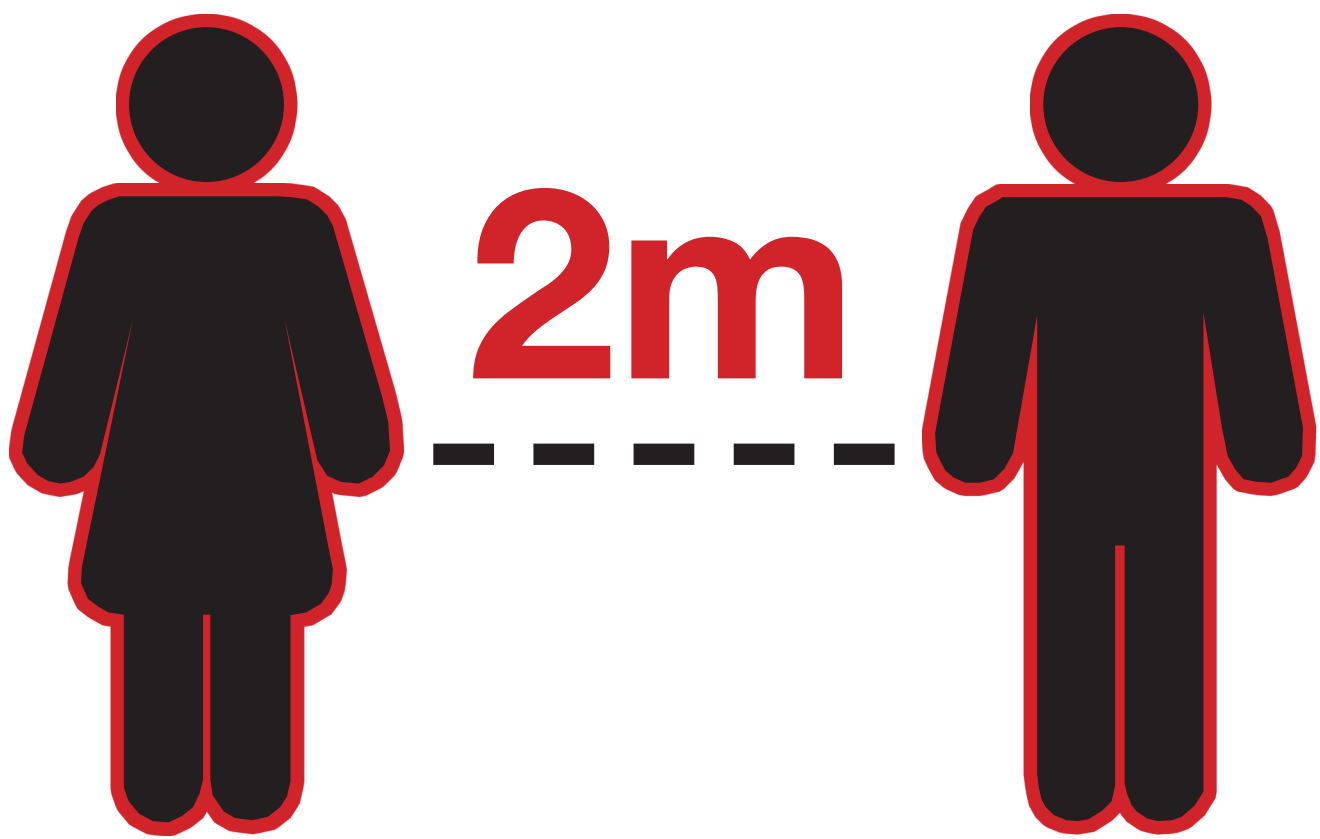
**We apologise for any
inconvenience this may cause.
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and understanding.**

CUSTOMER NOTICE

SOCIAL DISTANCING IN PRACTICE

IF YOU ARE SICK DO NOT ENTER

Prior to entry please familiarise yourself with Social Distancing.



**Observe a
minimum 2m
distance from
person-person
at all times**

**YOU WILL BE ASKED TO LEAVE IF YOU
DO NOT ADHERE TO THESE RULES!**

URGENT CUSTOMER NOTICE

**BARRR'S 750ML
Glass Bottles**

**STOCK NOT
AVAILABLE**

**UNTIL FURTHER NOTICE
due to supply
chain issues.**

**We apologise for any inconvenience.
Thank you for your patience and understanding**