

Staying Safe

if someone else is doing your shopping

- ✓ Do ask for help – work with trusted organisations and volunteers
- ✓ Make arrangements for help over the phone with a trusted organisation, not with a stranger on the doorstep
- ✓ Don't hand money over without having your shopping and a receipt
- ✓ Have your food left on the doorstep, do not let the person in your home
- ✓ Put money or cheque in an envelope and give to the volunteer at a distance
- ✓ Ensure you keep a 2m distance from the person delivering your shopping
- ✓ Wash hands (for 20 seconds) and surfaces after unpacking the shopping
- ✓ Thank your lovely volunteer

