

Shopping: Barra outbreak

ISSUED JANUARY 2021

NHS Western Isles is encouraging those on Barra to only shop when necessary and avoid regular trips for grocery shopping at this time. Please, in particular, avoid daily trips to the supermarket.

The Co-op store in Castlebay has introduced a number of measures to keep shoppers safe during the current outbreak.

These include:

- Traffic light system in operation at the doors, green light for entry, red light no entry.
- Maximum 20 people in store at any one time, however this is monitored. If staff feel that the first aisle is too busy this is controlled and the 20 are filtered in.
- Hand sanitising station at the front door as well as anti-bacterial spray and blue roll to enable customers to clean their trolleys (as these are kept outside the store).
- One-way system implemented in store and floor vinyls showing the route.
- 2m distancing in place with signs up and floor vinyls showing this.
- Baskets (as these are kept inside the store), till areas and keypads are sanitised after each use.
- Touch points (e.g. chiller doors) are cleaned every half-hour to every hour.
- Perspex screens up at all till points to protect staff.
- All and customers required to wear masks (with the exception of those who are exempt).

How to use a face mask/covering properly



Make sure the face mask/covering covers your mouth and nose



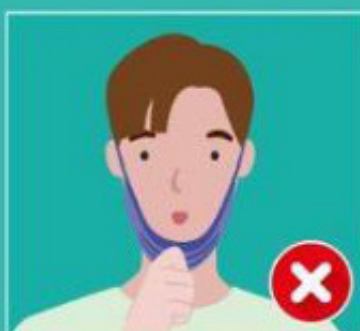
Ensure it fits snugly on your face - no gaps



Wash your face covering / dispose of your face mask



Wash your hands before and after touching your face mask/covering



DON'T have it sitting under your chin or pull it around while wearing



DON'T keep touching your face mask/covering once it's fitted

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REQUIREMENTS FOR SHOPPERS

The Co-op store is requesting that the following measures are followed by shoppers:

- Please shop alone (some instances of whole families going in)
- Please ensure you sanitise your hands upon entry
- Please ensure you wear a face covering (everyone aged 5 years and over)
- When in store, please abide by the physical distancing rules – you must keep a safe distance from both other customers and staff

NHS Western Isles fully endorses these measures taken by the Co-op in Castlebay, and recommends similar measures are applied for other shopping establishments across the Western Isles.

We would also remind those who have tested positive and those who have been asked to self isolate as close contacts of positive cases, that they must not go shopping, and must stay at home. Do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home.

We would remind anyone told to self-isolate by NHS Test and Protect, that the period of self isolation starts immediately.

STOP USING DISPOSABLE GLOVES WHEN SHOPPING

If you wear the same gloves when you shop, or touch a trolley, food, door, phone, your face or hair...

**YOU ARE
SPREADING
GERMS**

It's safer not to wear gloves at all.

STAY SAFE AND REMEMBER TO...

- wear a face covering in shops and on public transport
- wash your hands or use hand gel before entering each shop, as well as when leaving the premises
- maintain the recommended physical distance from others
- wash your hands when you arrive home.