

# How to **stop the spread** of the Coronavirus disease

We're having to stay at home more now due to COVID-19, but there are times when you might need to venture out. Here are some tips to help you navigate this new world.

## Going shopping



1. Make sure you are up to date with the physical distancing guidelines
2. One person per household should be the "shopper"
3. When out keep your distance from others – 1.5 metres
4. Wipe trolley or basket handles down
5. Try to shop for several days at once, if not a week
6. Use tap and go for payments
7. Wash your hands for 20 seconds if you can, or if you have hand sanitiser use it
8. Don't touch your face
9. Before you get back into your car sanitise before you touch the steering wheel

## What if someone falls ill?



1. Contact your doctor
2. Quarantine sick house members for 14 days to a room on their own
3. If you can, give them a face mask and wear one when you are in the same room as them
4. Increase cleaning especially around areas they frequent and wash your hands for 20 seconds after
5. If possible, clothes and bed sheets — handled with gloves and surgical masks — should be washed more frequently to minimise the risk of transmission
6. Try to keep windows open to allow fresh air to flush the house
7. Keep clothing and cutlery separate

## Coming home



1. Wash your hands for 20 seconds
2. Make sure you have set up a sanitation zone outside the front door - wipes and if possible, disinfectant to wipe packages down before they come into the house
3. Take off your shoes and leave them outside
4. Wash all your produce before putting it away
5. Wipe down everything that you touch – car keys, door handles, phone, light switches etc

## Deliveries



1. Have packages placed if you can at the front door or a "safe place"
2. Wipe down all packages including mail and wash your hands for 20 seconds

**Stay up-to-date with the latest information on COVID-19 from [these sources](#).**

360Health provides solutions to help prevent and manage serious illnesses at every stage of your health journey so that you can live healthier for longer. MetLife 360Health, your health partner.

360Health services are not provided by way of insurance (including health insurance) and the provision of these services is not dependent on the occurrence of an insured event under the policy. Access to these services will be at MetLife's absolute discretion and MetLife reserves the right to discontinue or change the services at any time.

The information provided is general information only and is not health or medical advice. If you have a health or medical concern, please seek professional medical advice immediately. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regime.

Whilst care has been taken in preparing this material, MetLife Insurance Limited (MetLife) does not warrant or represent that the information, opinions or conclusions contained in this presentation (information) are accurate. To the extent permitted by law, MetLife does not accept any responsibility or liability arising from your use of this information.