



Coronavirus (Covid-19)

and

Food shopping



To keep you well from Coronavirus

If you have a learning disability, health conditions or are over 70



You should **stay home** and **away from busy places**



This means **going shopping at quiet times**



Or asking someone to get food for you, or have it delivered?



Some shops have **quiet times for people with learning disabilities**, older people, people with health conditions and carers.

Phone the shop first to check the times



Remember to **wash your hands** when you get home from shopping

Help if you don't have money for food



You can **get food from food banks** if you don't have any money for food



Enter local numbers here;



I have
a learning
disability,
I may
need some
support.