

I support a person to do his shopping. Can I still support him?

Consider the person's health status and discuss the level of risk with the person or family. This may dictate the way that you can provide that support.

You can support the person to do their shopping either by:

- exploring online shopping options and helping to place an order;
- consider the click and collect option; or
- shopping in person.

If you are shopping in person then:

- Consider whether the store takes cash or card only. Many shops do not accept cash payments.
- Attempt to go to the store at a quiet time.
- Be able to maintain a distance of 1.5 metres between other people.
- Have good hygiene practices.
 - Take alcohol-based hand rub to use before entering the shops
 - Use trolleys or baskets that are cleaned after shoppers have used them.
 - Perform good hand hygiene again upon leaving the supermarket.
 - Remind the person to keep their hands away from their face.
- Follow store rulings on the number of people allowed in the store and queuing guidelines.
- Bring your own shopping bags and pack your own items. Help the client to pack their groceries.
- Go straight to the shop and return home immediately once you have finished (no stops for coffee – unless take-away) and no window shopping.
- Wash fresh produce on return home.

Reference:

Australian Government, Department of Health. [Limits on public gatherings for coronavirus \(COVID-19\)](#).