

PHASE TWO

MOVING OUTSIDE OF THE HOME: COCOONING CHECKLIST



On June 8, we move into Phase Two. People with severe asthma and severe COPD will be able to go to shops for the first time in months to buy essential items. This can be both an exciting and a daunting time for someone who has been cocooning. The Asthma Society wants to ensure that you are prepared to head out of the home and into the shops.

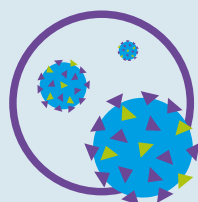
BEFORE YOU LEAVE THE HOME

- Contact your local supermarket, pharmacy, or shop and make note of their allocated shopping hours for vulnerable people
- Bring your own shopping bags
- Wash your hand thoroughly with soap and warm water for 20 seconds
- Bring a list of everything that you need for the next few days
- Allow for plenty of time when shopping; stay local
- Bring your reliever inhaler with you or any other medications you might need

TRAVEL SAFELY

- Plan your route: walk, cycle or drive where possible
- Avoid public transport if possible. If using, keep a distance from others and pay using a Leap Card or bus pass. Updated timetables and routes available on transportforireland.ie

You do not have to go shopping; supports are still available and can be utilised by those cocooning. Limit your shopping visits where possible and remember that you are vulnerable to the effects of COVID-19



**FIGHTING
CORONAVIRUS
WITH EVERY
BREATH**

asthma.ie

CHY no: 6100

WHEN IN THE SHOPS

- Maintain a two-meter distance from people at all times and follow social distancing signs
- Do not touch your face
- If using a shopping trolley or basket, ask for it to be disinfected before use
- Keep your phone in a zip-lock bag and avoid touching it if possible when out
- You do not have to wear a face covering if it restricts or affects your breathing; do not feel pressured to do so
- Pay using contactless if possible; many shops have increased contactless payment limit
- Cough and sneeze into a tissue or napkin. If you do not have one, turn your head away from others and cough or sneeze into your elbow

WHEN YOU RETURN HOME

- Disinfect touched surfaces in your car/bicycle/ mode of transport
- Remove your phone from the zip lock bag and dispose of the bag
- Wash clothes, have a hot shower, and disinfect items used while out such as keys; disinfect any door handles you touch as you re-enter the home. If possible get others to open doors for you
- Wash your hands thoroughly with soap and warm water for 20 seconds

If you wore a face covering while out;

- Wash re-usable face coverings after each use in a hot wash over 60 degrees with detergent. Dry thoroughly before re-wearing
- Dispose of single use face coverings; do not re-use

ASTHMA ADVICELINE

1800 44 54 64

COPD ADVICELINE

1800 83 21 46

ASTHMA & COPD BEATING BREATHLESSNESS
WHATSAPP PATIENT SERVICE

MESSAGE **086 059 0132**

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