

In alignment with our Direction Statement, Qatargas is committed to protect and care for employees and their families and prioritizes their health and wellbeing above all else.

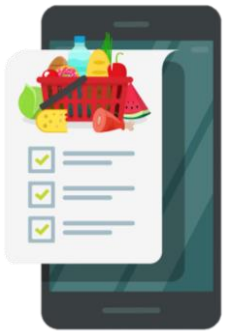
The COVID-19 pandemic requires all of us to abide by public health precautionary measures to help prevent the spread of the virus. However, we do sometimes have to venture to public places to stock up our cupboards and fridges with essentials. This Health Advisory offers some sensible advice about how to protect yourself when planning and undertaking your shopping trip,



Take a face mask and hand sanitizer with you so you can disinfect your hands and surfaces and protect yourself and others. Wearing a mask while shopping is now mandatory.



Leave children at home if you can to avoid unnecessary risks of exposure to the virus, and remember that some supermarket chains are no longer allowing entry to children below a certain age.



Be prepared with a grocery list so you can complete your shopping efficiently and minimise the time spent in the supermarket.



Maintain social distancing and avoid touching communal surfaces such as handrails, door handles and elevator buttons. If this is unavoidable sanitize your hands afterwards.



Ensure trolley and basket handles are sanitized by the supermarket staff before you touch them. Most supermarkets practice this precaution but it is wise to pay attention and witness the sanitization process before you start your shopping.



Don't unnecessarily take items from the shelves as many hands may have touched that packet or box before you! Stick with items you are familiar with to avoid having to check label information.



Pack your own bags because even with the best intentions, you can never be 100% certain of the hygiene practices or health status of the supermarket staff. Take your own trolley to your car too!



Use contactless payment methods if you have this option available. If you need to enter a PIN number, either use a tissue as a barrier or sanitize your hands immediately after using the machine.

It is a good idea to buy 2-3 weeks worth of groceries to minimise the amount of times you are required to go shopping. Buy fresh, frozen and canned fruit and vegetables. Buy extra bread and milk and freeze it. And remember, some supermarket chains offer a home delivery option.