

# HOW TO PROTECT YOURSELF FROM COVID-19 WHILE GROCERY SHOPPING?



1



Limit the grocery store visits to only one person and avoid taking children

2



If your household workers are doing the shopping, explain to them the precautionary measures

3



Make a grocery list prior to leaving your house

4



To reduce the number of visits, purchase enough groceries to last 1-2 weeks, but do not over purchase to leave stock for others

5



Ensure you always leave a distance of at least 2 meters between yourself and others

6



Ensure you disinfect carts and baskets prior to use, or wear disposable gloves and throw them in a trash-bin immediately after use

7



Avoid touching your nose, mouth, and eyes while shopping

8



Use electronic forms of payment instead of cash. Use a tissue when entering your pin number

9



Use alcohol-based hand sanitizer (60% alcohol) immediately after you leave the grocery store

10



Place grocery bags in the trunk of your car and not on the seats of your car

11



When you reach your home, dispose of the grocery bags immediately and wash the purchased items

12



Ensure to disinfect and wipe the surfaces that were in contact with the grocery bags and the products that you purchased

13



When you finish storing the products, wash your hands with soap and water or use alcohol-based hand sanitizer



## AVOID GOING GROCERY SHOPPING IF YOU:

- Are experiencing any flu-like symptoms such as coughing, sneezing, and fever
- Suffer from any chronic condition or low immunity
- Are an elderly person