

SAFE SHOPPING



WAIT!

If you are sick, do not shop.

Ask a friend or family member to help

Keep Things Clean

- ✓ Practice hand hygiene – carry and use hand sanitizer while shopping and when handling a face covering/mask, touching commonly touched areas or before getting into your car.
- ✓ Limit the use of money, use a bank card with the tap feature.
- ✓ Touch only what you purchase.
- ✓ Gloves are not recommended as they can easily transfer viruses and bacteria from one item to another if not changed in between contact with items.

Keep Your Distance

- ✓ Properly wear a face covering/mask if required or if you choose to wear one.
- ✓ Be courteous of others who may be more vulnerable, or caring for someone vulnerable and maintain distance.
- ✓ If the store seems busy, coming back at another time when it is quiet or maintaining distance and wearing a mask can decrease your risk.
- ✓ Respect the rules of the shop/store. Check ahead of time to see if you are comfortable with the measures the store has in place.
- ✓ Be kind and patient with each other.

For more information, call 1-800-660-5853 or visit www.healthunit.org