

SAFE GROCERY SHOPPING



STOP!

If you are sick or have just arrived back to Canada, do not shop.

Ask a friend or family member to help or call a grocery delivery service

Keep Things Clean

- ✓ Clean the handle of your cart
- ✓ 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 – this is required as of July 7, 2020
- ✓ Stay 2 meters or 6 feet away from other shoppers and employees
- ✓ Wave to or make eye contact with those you meet instead of physical contact
- ✓ If the grocery store seems busy, come back another time to prevent larger gatherings
- ✓ Respect directions and flow of the store you are visiting
- ✓ Respect physical distancing indicators while at the check out
- ✓ Be kind and patient with each other

NEW

Keep Safe

- ✓ Separate raw meat from ready to eat food in your cart
- ✓ Wash fruits and vegetables when arriving home and before eating
- ✓ No need to wash cans and boxes, wash hands after handling

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