

How to reduce your risk

GROCERY AND RETAIL STORE

There are steps you can take to protect yourself and others from the spread of COVID-19.



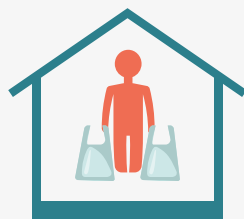
Stay home if you are sick.



Wash your hands before and after you visit the store.



Disinfect your cart handle with a wipe.



Delivery options reduce the amount of people in stores. If you are dropping off items, leave supplies at the door.



Send one family member to pick up supplies. Add additional help only as needed.



Use tap to pay rather than handling money.

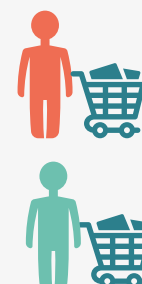


Plan your errands to buy what you need when you leave your home. Do not panic buy.

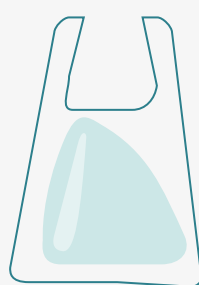


Try to shop during non-peak times when stores are less crowded.

2 metres
6 feet



Follow safety measures stores have put in place.



Use single use plastic bags.

WE'RE IN THIS TOGETHER!



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