

How to Shop Safely During COVID-19

DO NOT go shopping if:

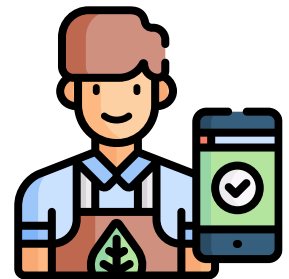
- You do not feel well, or live with someone who is sick.
- You have just returned from travel.
- You are over 70 years of age.
- You are living with a weakened immune system or chronic disease



NOTE: There is currently no evidence that food is a route of transmission.

Before you leave:

- Have you thought of curbside pick-up? Give your stores a call for more information.
- Seniors, check to see if your store has a set time for you to shop.
- Plan your needs, make a list, so you can limit your trips to once a week.
- Include a variety of healthy choices that last well in the freezer or pantry.
For ideas and recipes visit [Canada's Food Guide](#).
- Send one shopper only. Do not go as a group.
- Go shopping during less busy times. Try another store if the parking lot is full.



At the store:

- Wash your hands or use hand sanitizer before you go into the store.
- No need to wear gloves.
- Wear a face covering.
- Stay 2 metres (6 feet) apart at all times – outside, inside, and in line ups.



- Obey and respect the rules of the store.
- Be prepared to wait outside. Entry restrictions are for everyone's safety.
- Once inside, do not stop to chat. Stay focused on getting in and out quickly.
- Do not wet your fingers to separate plastic bags.
- Do not reach past someone to get something. Ask politely or wait patiently.
- Avoid picking up products or food and putting them down again.
- Do not put your shopping list in your mouth.
- Avoid touching your face.
- Where you can, use a credit or debit card (tap, if possible) to avoid handling bills and change.
- Use your own pen to sign any receipts.
- Pack your own bags.
- Remain calm and respectful. The staff are doing their best for you.



When you get home:

- Wash your hands with soap for at least 20 seconds when you get home before putting away groceries and especially before preparing food.
- Follow usual [Health Canada guidelines](#) for washing produce.
- Wash your reusable bags.

Prepacked Groceries:

- Order earlier than you usually do.
- Avoid a direct hand-off.
- Open your car door yourself when picking up.



Thank you for your cooperation!