



SHOPPING FOR GROCERIES



Life has to continue even where COVID-19 is spreading. If online shopping is not an option, **here's how to stay safe.**

REDUCE YOUR RISK



Go outside peak hours.

BEFORE YOU GO OUT

Always check on local regulations.



Bring sanitizer and wear your mask.



If you are in a high-risk group, wear a medical mask.



WHEN INSIDE STORES



Keep your shopping time short and make a list.



Keep at least 1 metre distance from others.

REMEMBER, **IT'S ALWAYS SAFER TO**



**KNOW YOUR RISK.
LOWER YOUR RISK.**

