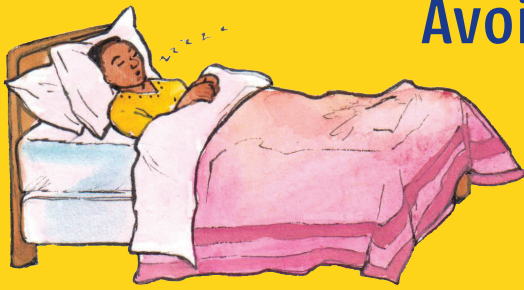


Coronavirus: How to shop safely

Before shopping, while queueing and entering a store

Before shopping



Avoid shopping if unwell. Ask family or friend to help.

Prepare shopping list and only shop when essential. Only buy for 1-2 weeks.



At entrance to store

1 Clean handles of shopping trolley or basket with sanitising wipes.



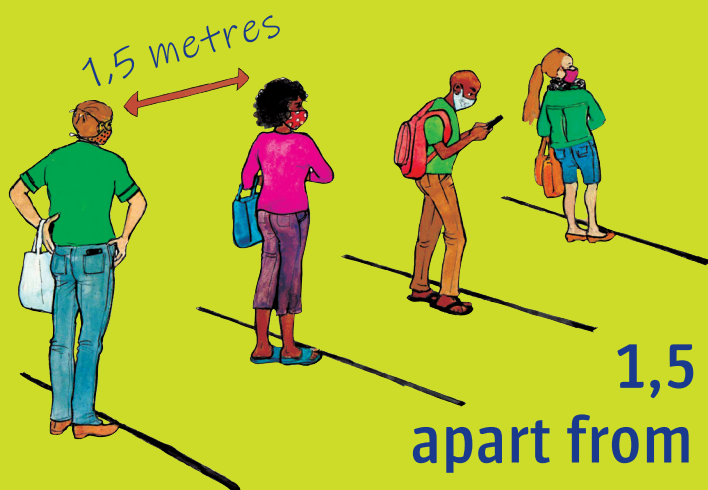
2 Clean hands with hand sanitiser.



3 Only enter store when advised.

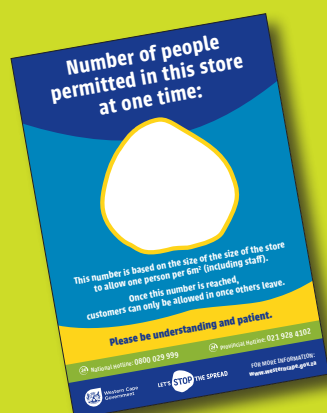


While waiting in queue



Keep 1,5 metres apart from others.

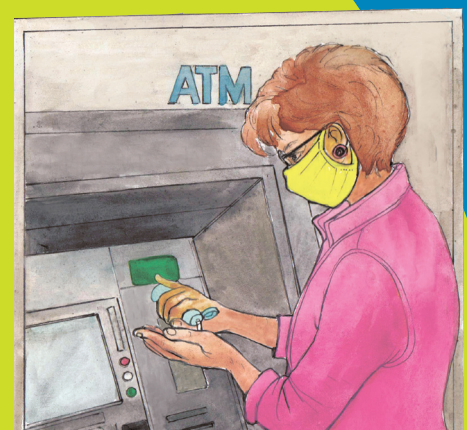
Number of people in store will be limited - please be patient.



- Ensure you have put on cloth mask safely.
- Never share masks with other people.



Clean hands with hand sanitiser before and after using ATM.



24 National Hotline: 0800 029 999

24 Provincial Hotline: 021 928 4102



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Coronavirus: How to shop safely

While shopping and leaving store

While shopping

Keep 1,5 metres apart from others.

Use trolley, even if not needed, to help with physical distancing.

Do not touch your face or fiddle with your mask.



Cough or sneeze into a tissue or your elbow. Safely throw away the tissue.



Avoid touching multiple products. Select item before picking it up.



When leaving store

Clean hands with hand sanitiser.

- Keep mask in place until you are ready to take it off safely.
- Do not pull mask around your neck.
- Never share masks with other people.



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Coronavirus: How to shop safely

When arriving home

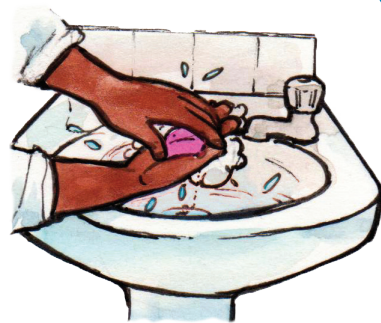
- 1** Remove mask safely.



5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home

- 2** Immediately clean hands with hand sanitiser or soap and water.



- 3** Unpack groceries. As an extra precaution, you can also wipe groceries packaged in plastic, glass and tin with warm water or a diluted disinfectant and allow to air dry before packing away.



- 4** Clean hands again.



- 5** If using reusable fabric shopping bags, wash in warm soapy water after each use.



Use a cloth mask safely

- 1** When putting on the mask:

- Wash your hands first.
- Place the inside of a clean mask against your face.
- Cover your nose and mouth.
- Make sure it fits well, don't touch the cloth part.



- 2** While wearing the mask:

- Do NOT TOUCH YOUR FACE or fiddle with the mask.
- Remove the mask if it is wet.



- 3** When taking off the mask:

- Touch only the straps.
- Keep it in a container until you wash it.
- Wash your hands after taking it off.



- 4** Caring for your masks:

- Have 2 masks so that you have a clean one ready.
- Never share masks with other people.
- Wash the mask with soap and hot water.
- Dry the mask in the sun and iron it to disinfect it.



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