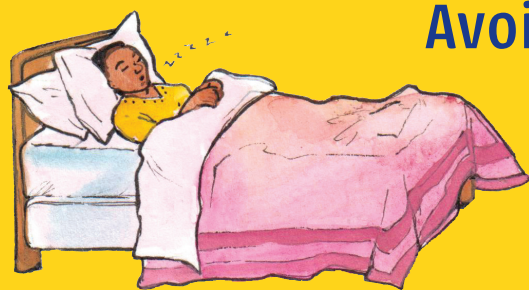


# Coronavirus: How to shop safely

## 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.



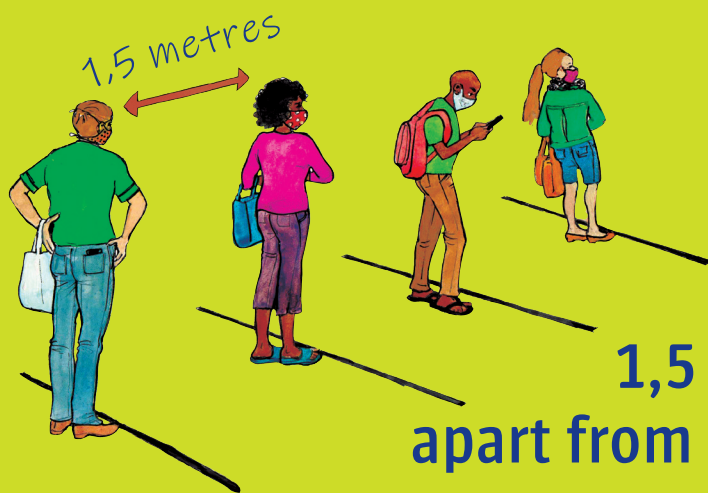
2 Clean hands with hand sanitiser.



3 Only enter store when advised.



### While waiting in queue



Keep 1,5 metres apart from others.

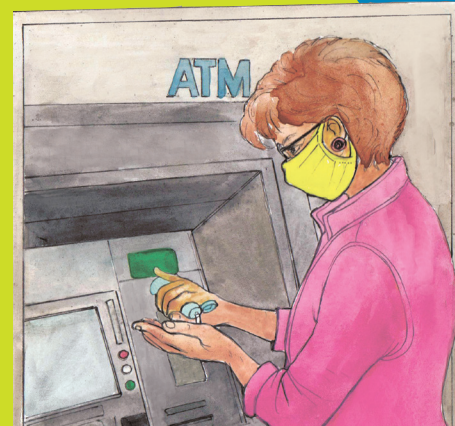
Number of people in store will be limited - please be patient.



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



Clean hands with hand sanitiser before and after using ATM.



National Hotline: 0800 029 999



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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