

TIPS FOR SHOPPING DURING COVID-19



Evidence informed advice



Keep a running list of household/grocery items needed at home and shop as infrequently as possible.



If possible, shop alone and off hours when stores are the least busy and crowds are smallest.

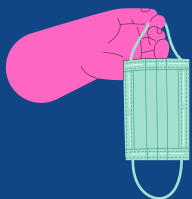


Use hand sanitizer upon entering and exiting a store.

As soon as you have touched anything in the store, assume that your hands are contaminated. Do not touch your face until you've washed your hands for 20 seconds with soap and water. Hand sanitizer can be used as an interim measure.



As a courtesy to others, only touch items that you intend to purchase. Traffic jams are best met with a smile.



If you choose to wear a mask, you must still remain 6 feet/2 meters away from others.

In the cashier's line-up, stand 6 feet apart. Stores should have obvious markers that encourage physical distancing.

Consider giving the store manager a copy of the BC Government's [guidance](#) for grocery stores if you don't see evidence of adequate physical distancing measures.

