

TIPS FOR SAFE SHOPPING

Shopping in the community can be done safely as long as we continue to practice **PHYSICAL DISTANCING** and **HAND HYGIENE**.



Limit the number of times you shop to once per week or less.



Prepare by researching what measures the store has in place to protect customers and staff.



Shop familiar places where you know how to find the items you need.



Limit the number of stores you visit in one trip.



Order what you can online or over the phone. Use curbside pick-up or delivery as much as possible.



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TIPS FOR SAFE SHOPPING

Before leaving home remember:



Make a shopping list before you go. Planning what you need ahead of time will help you get in and out of the store as quickly as possible.



Plan to shop alone and avoid busy times if you can. Shop familiar places so that you know where to find what you need.



Wash your hands for 20 seconds with soap and water before you leave home. Bring 70% alcohol-based sanitizer to use during your trip. Keep hands away from your face at all times. Cover coughs and sneezes in your elbow.



Manage expectations. The way services are provided will change as guidelines change. Follow processes the store has put in place for the safety of staff and customers. We all need to do our part.



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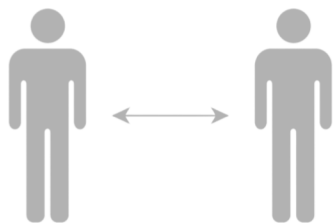
 **Chatham-Kent
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TIPS FOR SAFE SHOPPING

While shopping remember:



Use 70% alcohol-based hand sanitizer upon entering the store, if available. It should take about 20 seconds to fully rub in the hand sanitizer and allow it to dry completely. Avoid touching your face at all times while shopping.



Try to be mindful and patient. Keep 2 metres or 6 feet apart from others in the store (about the length of 2 shopping carts). You might have to wait a few minutes until there is room to get what you need.



Follow any signs and markings in the store (e.g.: arrows on the floor showing what way to go down an aisle). You can wipe down a cart or basket if wipes are available.



Take what you touch. Get what you need and avoid any prolonged browsing.



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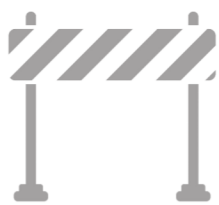
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At the check-out remember:



Keep 2 metres (6 feet) apart from others at the check-out. Many stores use markings, signs, or barriers to help customers keep their distance.



You can choose to use a self check-out or check-out serviced by a staff. Both options are safe as long as physical distancing can be maintained.



Wash or sanitize your hands after paying and bagging items. Keep hands away from your face.



Be patient and understanding as stores adjust to changing guidelines. Thank an essential worker on your shopping trip.



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TIPS FOR SAFE SHOPPING

When you get home remember:



Wash your hands for 20 seconds with soap and water when you get home and after handling shopping goods.



There is no need to disinfect or leave items outside after shopping. The virus does not thrive on surfaces and there is no evidence that the virus can spread through food.



Follow usual food safety practices for groceries. Wash produce under running water. Do not use soaps, detergents, or chemicals to clean produce.



If shopping for someone else outside of your home, drop off supplies while physical distancing (e.g.: drop items off at door, call or ring doorbell and step away).



Practice physical distancing on public transit (e.g.: keep 2 seats in between yourself and others, clean hands before and after the ride and keep hands away from your face).



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