

# PHYSICAL DISTANCING TIPS

## GROCERY SHOPPING

When out in public, practicing physical distancing by staying at least 2 metres from others can help you reduce your risk by minimizing contact with others in the community.

- Order online and try to have groceries delivered if possible
- Try to shop at times when there are fewer shoppers
- Wear a face mask in places where keeping a distance of 2 metres is difficult
- Wipe down handle of grocery carts and baskets, and wash or sanitize hands before entering and after leaving the store
- Use self-checkout if available
- Download and use the ABTraceTogether app to help protect you and your loved ones

STAY INFORMED

[alberta.ca/covid19](https://alberta.ca/covid19)

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