

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**
- **Wipe down handle of grocery carts and baskets, and wash or sanitize hands before entering and after leaving the store**
- **Use self-checkout out if available**