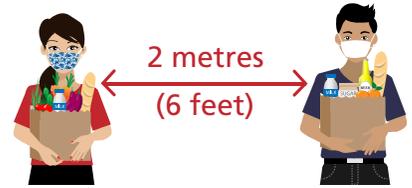




Many stores are keeping up with new information and carefully changing how they operate to protect customers, employees and their families.



Stay home if you are sick

If you have symptoms of COVID-19, we recommend you get assessed or tested and follow self-isolation instructions.



Consider curbside pickup or delivery

Some stores offer curbside pickup and delivery; consider this option to reduce the risk of being exposed to COVID-19.



Wear a cloth mask

It is now mandatory to wear a mask in many indoor public spaces, including grocery stores. Some people cannot safely wear a mask (e.g. people with respiratory conditions). You can help them by wearing a mask.

Cloth masks can be re-used, on the same day, if not soiled and undamaged. Remove your mask with clean hands, fold it in half so that the outer surface is inwards and place it in a clean, sealable bag until ready to use.



Follow store signs

Aisles may be one-way only and may have markings on the floor. Listen to store staff and please follow the signage.



Shop alone

Fewer people in the store makes it easier to physically distance and reduce the risk of being exposed to COVID-19. It will also allow others to shop more efficiently.



Have a detailed list or plan

- **Groceries:** try to organize your list by aisle to limit your time in the store
- Avoid lingering in the aisles as much as possible
- Know what you need ahead of time



Take only what you need

- **Groceries:** get enough supplies for 2 weeks in case you or a family member become sick
- **Other goods:** buy what you need and then leave the store



Browse with your eyes

Avoid touching items that you do not intend to buy.



Be patient

- Controlling the number of people allowed in the store at one time helps with physical distancing
- Some stores may close every other checkout aisle to allow for physical distancing
- Please wait your turn and follow guidance provided at the store



Pay with a card

Use tap if you can and avoid paying with cash to reduce the surfaces you touch and decrease money exchanges.



Hand Hygiene

If soap and water are not available, use alcohol-based hand sanitizer after you leave the store, before putting your mask on, before adjusting it, before taking it off and after taking it off.

And please continue to be kind. We're all in this together!

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