When you go to stores for groceries or other items, practice physical distancing – staying 2 metres (6 feet) apart from others.

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 are still offering curbside pickup and delivery; consider this option to reduce the risk.

**Wear a cloth mask**
- Wearing a cloth mask when physical distancing is challenging will help protect people around you from getting sick
- Some people cannot safely wear a mask (e.g. people with respiratory conditions). You can help them by wearing a cloth mask
- Disposable masks should go directly into the garbage or into a bag for proper disposal

**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.

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

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