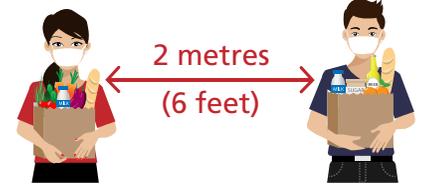


You must stay home if you have symptoms.



If you must go to stores for essentials, always practice physical distancing - stay 2 metres (6 feet) away from others.

Stores are keeping up with new information and carefully changing how they operate to protect customers, staff and their families.



✓ **Be patient**

Controlling the number of people allowed in the store at one time increases physical distancing.

✓ **Follow store signs**

Designated aisles may have become one-way, with markings on the floor. Listen to store staff.

They are trained on precautions and want to ensure everyone's safety.



✓ **Shop alone**

Fewer people in the store allows for easier physical distancing and less people potentially exposed to the virus.



✓ **Have a detailed list**

Organize your list by aisle to limit your time in the store and traffic within the store. Avoid lingering in the aisles.



✓ **Take only what you need**

Get enough supplies for 2 weeks in case you or a family member get ill.



✓ **Be understanding**

Some products may be less available.

✓ **Shop with your eyes**

Avoid touching items that you do not intend to buy.



✓ **Be patient at the cash**

Some stores may close every other cash to allow for physical distancing. Wait your turn.

After placing your items on the conveyor belt, move to the end of the conveyor belt. Do not wait in front of or near the cashier.



✓ **Use clean bags**

If you are allowed to use your own bags, make sure they are clean. Stores may only allow staff to pack items using store-provided bags.



✓ **Pay with plastic**

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

"Be kind. We're all in this together!"