



Stay Safe Grocery Shopping

COVID-19 Infection
Prevention Awareness,
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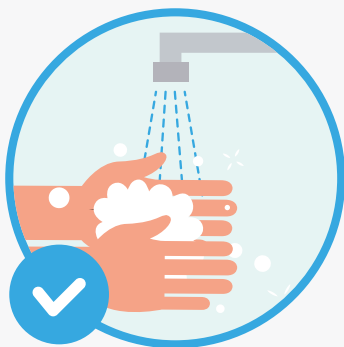
- **Leave your home prepared with your shopping list** in mind or ideally



written down on a piece of paper. This will reduce the time you spend wandering around the store trying

to figure out what else you might need and help you avoid another trip to the store for any forgotten items. *Discard your shopping list on your way out of the store to avoid taking germs home.*

- Before you head out to the grocery store, **wash your hands** with soap and water for at least 40-60 seconds or rub your hands with sanitizer for at minimum 20 seconds.



- **Leave the house prepared.** Take disinfectants and gloves with you on your outing.



When you walk in to the store, sanitize your hands with alcohol-based sanitizer for at least 20 seconds, wear

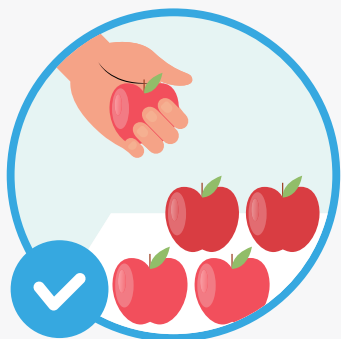
gloves and wipe down the handles of your shopping cart or basket with an anti-bacterial wipe. Don't rely on the store to provide these items.

- Follow Ministry of Health guidelines and store policy regarding face masks. **When donning on a face mask, always sanitize your hands first.**

- Remember to **not only keep your hands to yourself but to keep your hands away from your face**, especially if your hands have come in to contact with unwashed items. Viruses can enter the body through your mouth, nose or eyes.

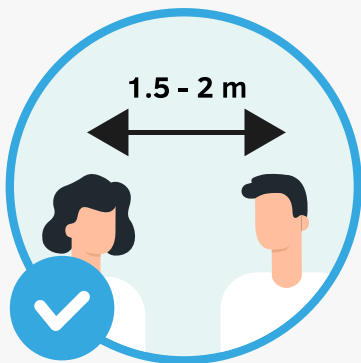


- Stick to purchasing packaged or sealed food items whenever you can. If fresh produce is on your shopping list, check them out with your eyes not your hands. **Avoid touching**



items unnecessarily, especially if you don't plan on buying it and they're not on your list.

- **Practicing physical distancing** will help keep you safe while you're out grocery shopping. Keep at least 1.5 meters between yourself and others whenever you can, even while waiting in line at the check-out counter.



- **Pay with cards rather than cash.**



- Remove and dispose of your gloves before you get in your car, and then immediately sanitize your hands.

- As soon as you get home, and again after you have put all of your groceries away, wash your hands with soap and water for a full 40-60 seconds.



- Clean food cans and packages using antibacterial wipes and wash your fruits and vegetables carefully.



- Don't forget to **wipe down surfaces** that your groceries came in to contact with using



- an antibacterial household cleaner, including kitchen countertops.
- Did you know that according to laboratory research, the COVID-19 virus can survive on surfaces for a significant amount of time? It can survive on:
 - Plastic for nearly 7 hours
 - Stainless steel for around 5 and a half hours
 - Cardboard for a little over 3 and a half hours

You can visit [JHAH.com](https://www.jhah.com) for COVID-19 updates and health education material

