



**SAFE  
SHOPPING**

**STOP!**

**If you are sick or have just arrived  
back to Canada, do not shop.**

*Ask a friend or family member to help*

**Keep Things Clean**

- ✓ Clean the handle of your cart
- ✓ Wash or sanitize your hands as you enter and after to get into your car
- ✓ If you bring your own bags/totes into the store ensure they are clean and pack your own items

**Keep Your Distance**

- ✓ Stay 2 arms lengths away from other shoppers and employees
- ✓ Wave or smile at those you meet
- ✓ If the store seems busy, come back another time to prevent larger gatherings

*Please do not hoard, when you do this your friends and neighbours may go without*

**For more information, call 1-800-660-5853 or visit [www.healthunit.org](http://www.healthunit.org)**