

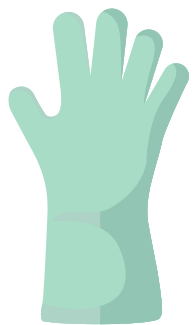
# Good shopping practices



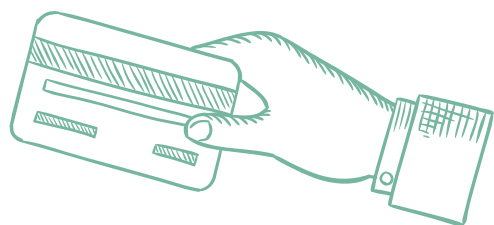
**Do your shopping alone** and keep at least one metre away from those present;



**Carry your own bags** rather than using carts to avoid contact with potentially infected materials;



**Gloves should not be worn** unless they are disposable;



**Pay by card** even if the infection by coins, banknotes is very low;



**DO NOT** touch your face while shopping, and wash your hands as soon as you get home;



**Clean packaging** with a damp disposable cloth. It is not necessary to use bleach. Wash hands before and after handling the packaging;



**Wash and scrub fruits and vegetables** well before eating them. Clear water is sufficient, **DO NOT** use disinfectant or detergent such as bleach.