

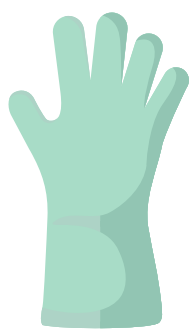
Good shopping practices



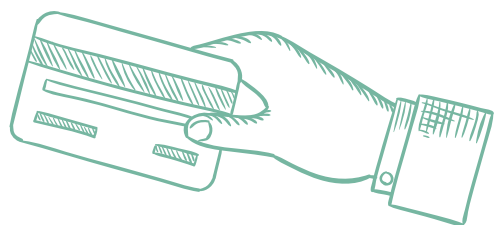
Do your shopping alone and keep at least one metre away from those present;



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.