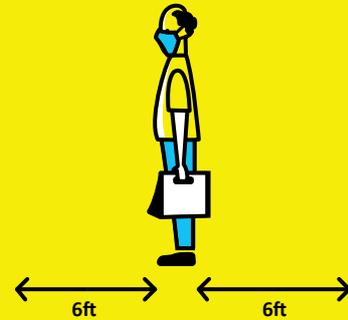


Grocery shopping rules.



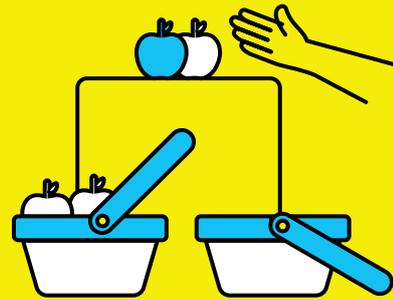
Wear a mask.



Keep a minimum distance of 6ft from others.



Only touch what you plan to buy.



Leave some for your neighbours.



At home, wash vegetables in white vinegar:water solution in 1:4 proportion and sanitize other bought items.



Wash hands for 20 seconds.



Always wear a mask



Wash hands every hour



Do not touch your face



Practice physical distancing