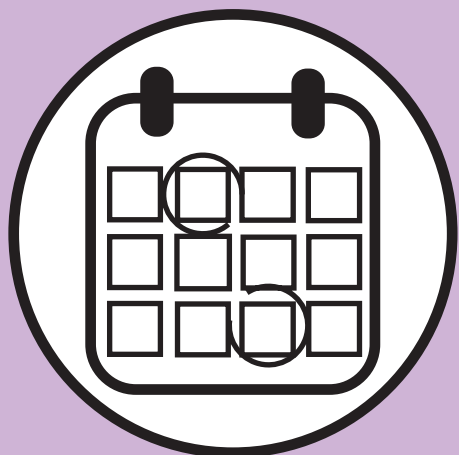


Keep safe while grocery shopping

Help prevent the spread of COVID-19 (Coronavirus)

Plan ahead



Plan ahead to reduce the amount of times you need to visit the supermarket

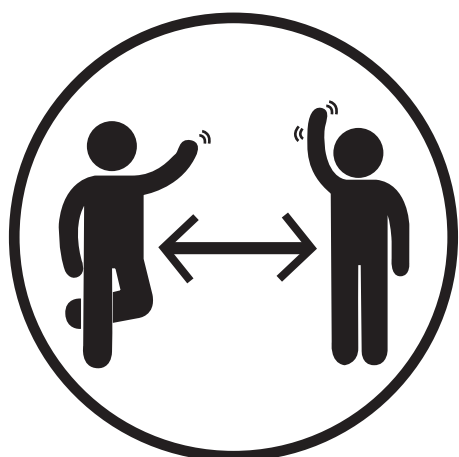


Come prepared with a list so you can get in and out as quickly as possible



Wash your hands **BEFORE** and **AFTER** you shop

At the supermarket



Keep a 2 metre distance away from others



Only touch what you intend to buy



If you can, use a contactless payment method

Once you get home



Wash fruit and vegetables off with clean water



Wipe down packaged goods with a soapy clean towel, then dry



Wipe down or wash reusable shopping bags

For more information visit www.covid19.govt.nz
or call Healthline on 0800 358 5453

9/04/2020

Regional Public Health

HAUORA Ā IWĪ KI TE ŪPOKO O TE IKA A MĀUI
Better health for the greater Wellington region