

What to do when shopping

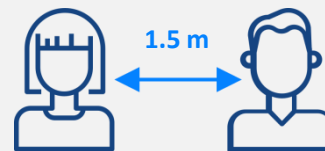
When you do your shopping, take a few simple precautions:



Only go out if you do not have any Covid-19 symptoms, are not in Covid-19 isolation, and are not in quarantine.



Maintain a distance of at least 1.5 metres and avoid crowds



Use disposable gloves to choose fruit and vegetables, as you have always done



Do not touch your face, and when you return home, wash your hands.



Ask your neighbours if anyone needs help with their shopping. You should bring their shopping to their door, maintaining a distance of 1.5 metres



Always show empathy and respect for others!



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Consult official sources for information

www.mscbs.gob.es

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