

Coronavirus & shopping

- How to be safe?



By  kimbino



There are certain necessities, such as food and toiletries, everyone needs to buy. But how do you shop and stay safe while a coronavirus has spread in your city and the shops in your neighbourhood have been closed as a precautionary measure?

We have put together a few useful tips to help you shop during this time:

-  Wash your hands regularly and thoroughly with soap and water for at least 30 seconds. If soap is not available, use a minimum 60% alcohol-based product.
-  If possible, always carry an alcohol-based product with you. This way, you can use it whenever you need to.
-  For small purchases, use your own bag instead of a shopping cart.
-  In case you need a shopping cart and you or the seller are not able to disinfect it, you can try to push it around by avoiding the handle and holding it on the sides, or you can cover the handle.
-  If you shop with someone, one of you can pick the products and the other can hold the shopping cart.
-  Do not touch the products in the store unnecessarily, rather think in advance what you want to buy. Also, always wash all fruits and vegetables before eating it.
-  Avoid touching your face at all times.
-  If possible, pay by card. You can use a tissue around your finger to enter your PIN and then throw the tissue away.
-  Wash your hands immediately after returning home. See point 1 for more details.
-  It is a good idea to disinfect any objects that you often touch, such as handles, keys or your smartphone.
-  Buy reasonable quantities; Be considerate of others and don't overdo it. The products are in stock everywhere.
-  If you need to sneeze or cough, avoid sneezing directly into your hands. Rather use a napkin and sneeze or cough into your elbow.