Life has to continue even where COVID-19 is spreading. If online shopping is not an option, here's how to stay safe.

**REDUCE YOUR RISK**

Go outside peak hours.

**BEFORE YOU GO OUT**

- Always check on local regulations.
- Bring sanitizer and wear your mask.
- If you are in a high-risk group, wear a medical mask.

**WHEN INSIDE STORES**

- Keep your shopping time short and make a list.
- Keep at least 1 metre distance from others.

**REMEMBER, IT'S ALWAYS SAFER TO**

- Know your risk.
- Lower your risk.