

How do I go food shopping during self-isolation?

It's best to do my shopping just once a week.

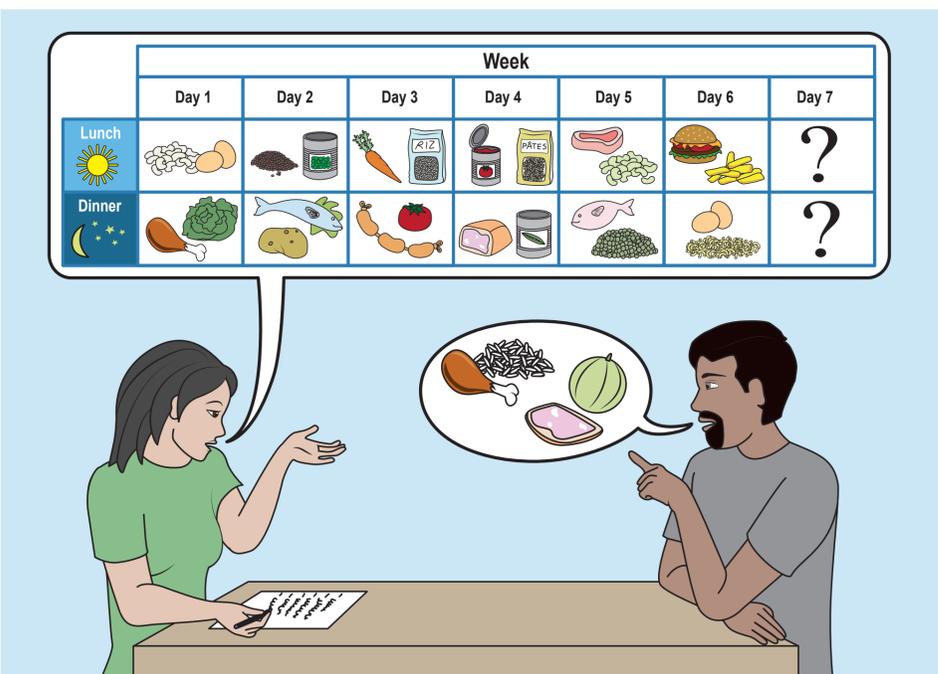


| Week | | | | | | |
|-------|-------|-------|---|-------|-------|-------|
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| X | X | X |  | X | X | X |

Things I must do before I go shopping.

I plan what I will eat this week.
I can ask for help.

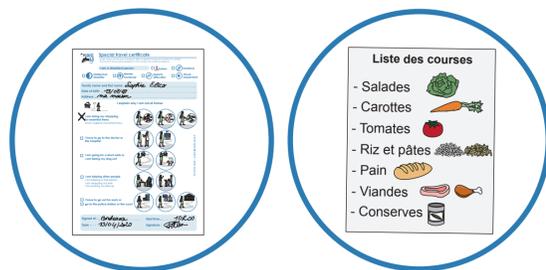
I make my shopping list for the week.



I wash my hands with soap.

I must remember to take:
my special travel certificate
and my shopping list.

I must also bring:
a shopping trolley or a carrier bag.

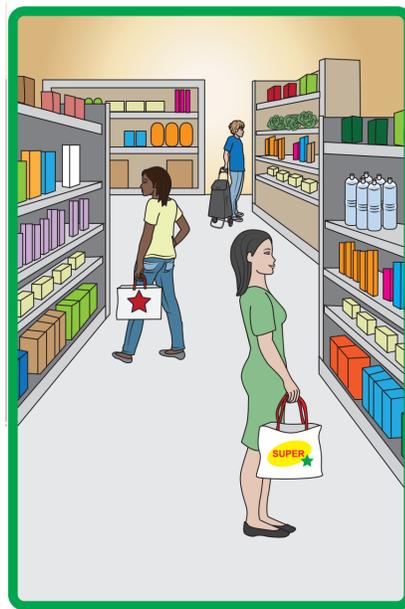
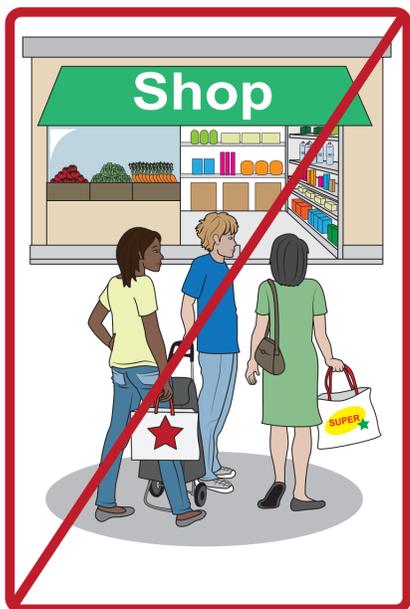
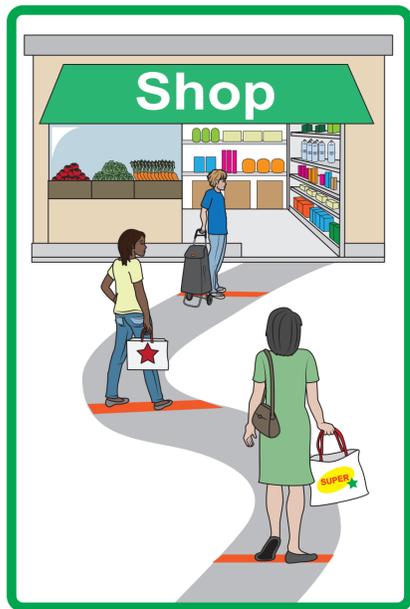


Things I must do while I am shopping.

I must stay at least 1 meter away from other people.

Before I go into the shop
I may have to wait in a queue.

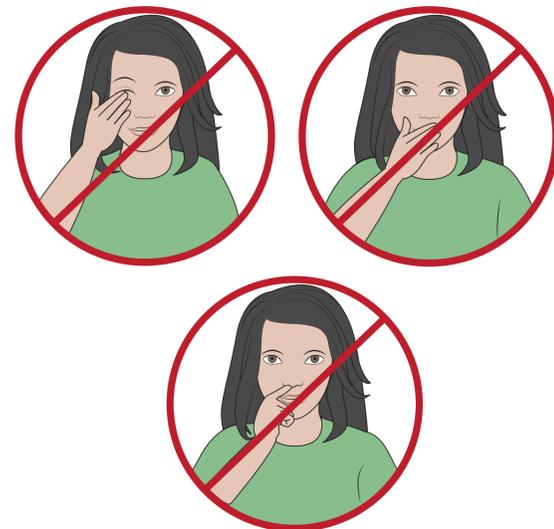
Inside the shop



It is best if I do not use
a supermarket trolley.

I only touch the things I am buying:
I look, I choose what I want and I put it in my bag.

I must not
touch my face.

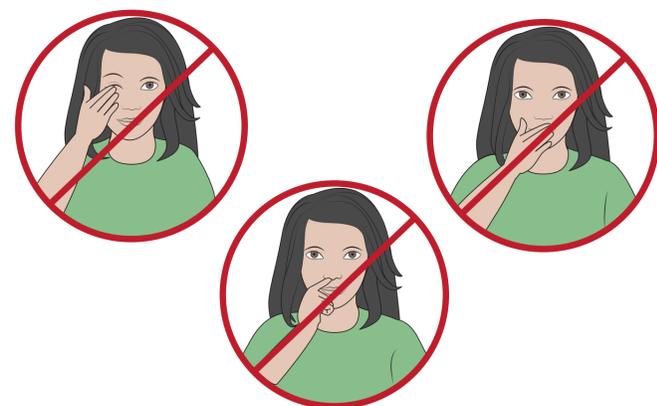


Things I must do when I get home.

I must wash my hands.

I remove the packaging and I put it in the trash.

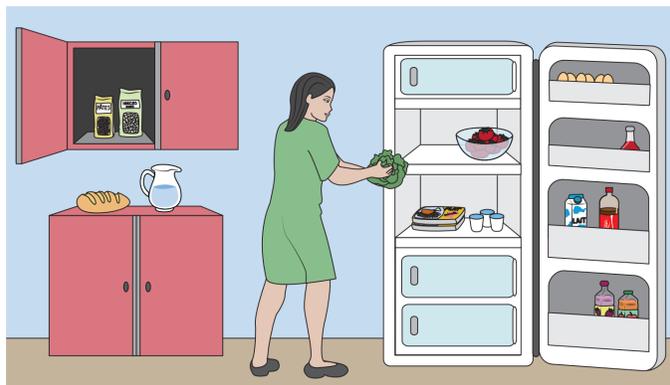
I must not touch my face.



I wash my hands again.

I put my shopping away.

I wash my hands again and then clean the table.



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