

# STOP THE SPREAD

**STAY STRONG**

## TIPS FOR SHOPPING

**SHOPPING DURING THE  
CORONAVIRUS (COVID-19)  
PANDEMIC CAN BE A  
CHALLENGE.**



- Order online for delivery or use 'Click and collect' if you can.
- Keep any shopping trips short.
- Take a handwritten list to remind you what you came for.
- Don't panic buy. Get just what you need, noting there may be some purchase limits.
- Wipe down trolleys or baskets.
- Don't eat whilst shopping and avoid touching your face or your phone.
- Use a card to pay if possible and avoid touching the EFTPOS machine.
- If driving, clean your hands with hand sanitiser or disinfectant wipes back at your car.
- When you get home, wash your hands with soap and water for 20 seconds.
- Wipe down items with disinfectant wipes or wash in soapy water.



**WIPE  
TROLLEY**



**KEEP YOUR  
DISTANCE**



**CLEAN  
ITEMS**



**WASH  
HANDS**

### **FURTHER INFORMATION**

**SA Government COVID-19 website**  
[www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

**AHCSA COVID-19 website**  
[www.ahcsa.org.au](http://www.ahcsa.org.au)

