



TO DO LIST

#COVID-19

Good practices for grocery shopping

- ✓ **Wash your hands before leaving the house**
- ✓ **Adhere to social distancing rules: stay at least one metre away from all those around you**
- ✓ **Do not touch your face while shopping**
- ✓ **Wash your hands thoroughly as soon as you arrive back home**
- ✓ **When possible, remove all outer packaging from grocery products requiring refrigeration (cardboard sleeves, boxes, etc.)**
- ✓ **Wipe down these products with a wet paper towel and store them immediately in the refrigerator**
- ✓ **Wipe down other groceries with a wet paper towel when possible (canned goods, bottles, etc.) and set them aside for three hours**
- ✓ **Wash fruits and vegetables with tap water and dry them with paper towels**
- ✓ **Wash your hands thoroughly after unpacking your groceries**

**Food, grocery shopping, cleaning:
ANSES's recommendations for preventing COVID-19
transmission**
www.anses.fr