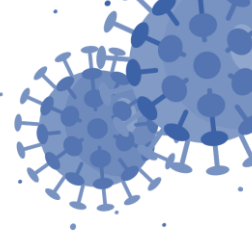


# How to shop?



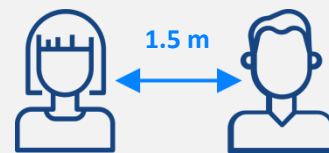
When shopping, follow some simple indications:



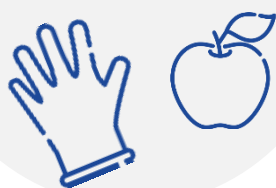
You may go if you do not have any **COVID-19** symptoms, nor you are in isolation because of **COVID-19** nor in quarantine period



Maintain a distance of at least **1.5 metres** and avoid crowds



Use **disposable gloves** to choose fruit and vegetables, as you have always done



Do not touch your face, and **wash your hands** when you return home



Ask your neighbours if anyone needs help with shopping. You should **bring their shopping to their door**, maintaining a distance of **1.5 metres**



Always show **empathy** and **respect** for others!



15 Sept 2020

Go to official sources for information

[www.mscbs.gob.es](http://www.mscbs.gob.es)

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