



Precautions for Grocery Shopping during COVID-19 Pandemic

Source Supported By:



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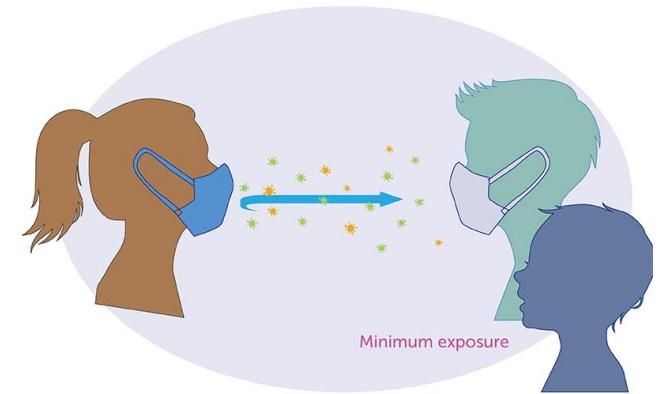
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Avoid going out unnecessarily.

- Stay at home to minimise the risk of contracting COVID-19.
- Buy 1 or 2 weeks of supply in advance to reduce the number of trips to the supermarket.

Adhere to Standard Operating Procedures (SOP)

- Please adhere to social distancing and proper hand washing techniques. Hands should be washed with soap for at least 20 seconds each time.
- Always wear a mask when you are out of home.

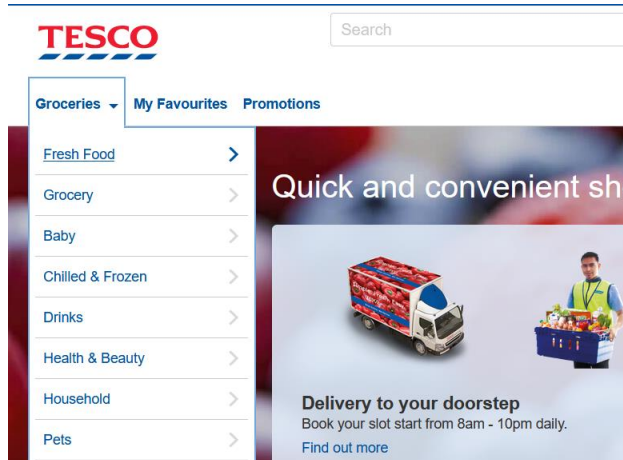


Before Shopping

1

Prepare a shopping list in advance

This facilitates quick and efficient shopping.
Avoid lingering around in supermarket.



2

If possible, consider online shopping instead

Some of the notable websites for online groceries include Tesco Online and Happy Fresh.

3

Stay home if you feel unwell

If you have symptoms of a flu (cough, fever, sore throat), consider calling a healthcare professional or visit a clinic first.



Before Shopping

4

Minimise the exposure

- Designate one person from each household for grocery shopping.
- Try to visit the supermarkets during off-peak hours, such as early in the morning.

5

Look for special shopping hours

- Some stores offer special shopping hours for high risk population (such as the elderly). Double check with the supermarkets before heading over.



SPECIAL OPENING HOURS FOR THE ELDERLY & VULNERABLE

Dear Customers,

We are introducing special opening hours from
9.30am onwards, 18th-31st March 2020,
at all outlets for elderly customers (senior citizens) &
their caretakers.

MYDIN

seniors and
specials
shop first



BELI BELAH 30 MINIT LEBIH AWAL
KHAS UNTUK WARGA EMAS DAN ORANG KELAINAN UPAYA

SHOP 30 MINUTES EARLIER
SPECIAL FOR ELDERLY AND SPECIAL DISABILITIES CUSTOMERS

During Shopping



Bring your alcohol-based hand sanitiser!

- Use hand sanitisers which are approved by the National Pharmaceutical Regulatory Agency (NPRA).
- Spray the sanitiser on handles of shopping carts or baskets before use.



If possible, use contactless payment

- Contactless payment (including e-wallet and credit or debit cards) are preferred to minimise exposure.

If you need to use coins and banknotes, be mindful that droplets from infected persons might have latched onto the cash. Consider keeping the cash in a **separate container** (other than your wallet), and always **wash** or **sanitise** your hands after handling that container.

After Shopping



i

Sanitise, sanitise

- Remember to use a hand sanitiser before and after entering or exiting the supermarket.
- Avoid bringing the virus back to your car.

ii

Disposing the mask

- As soon as you reach home, throw the used mask in a closed bin.

iii

Clean your objects regularly

- This includes your phone, keys, and reusable shopping bags.

After Shopping

iv

Clean the groceries

- Clean the groceries with soap or alcohol-based sanitiser before storing it on your shelves.
- However, do not use hard surface disinfectants or household cleaners (such as bleach solution) on food packaged in plastic or cardboard.

v

Wash the fruits and vegetables

- For fresh fruits or vegetable, wash it thoroughly under running clean water and vegetable cleaners before consuming.



Extra tips

- If you need to use an automated teller machine (ATM), always use a hand sanitiser after collecting your money
- However, **do not** spray directly on ATM as this might spoil the machine.



- Use disinfectants to disinfect your kitchen regularly.
- However, remember that alcohol-based hand sanitisers are flammable, and **avoid** using it right before handling the stove or fire.

Thank You

