

# 20 rules and regulations we have to obey to protect ourselves from coronavirus.

We have to collaborate to defeat the coronavirus.

## Before going out from your home



Make a list of the necessary items you need and check if you have enough space in your fridge, store and garage to keep them.



Avoid going to the supermarkets when you know that it will be full of people but go on the days and times when people are less.



Concentrate in buying things you really need in big quantity so that you can't be going out often.



If you have alcohol sterilizer for hands at home, take it with you.



If possible go to the shopping center you know very well and where you already know the dispositions of the products.



If, on your arrival in the supermarket, you notice that there are many people and it is possible for you to postpone the shopping, postpone it till next time when people are less.



If possible do the shopping alone and definitely don't go together with children or elderly people.

## At the shopping center



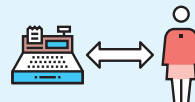
Carefully read the indications at the shopping center and strictly follow the instructions suggested.



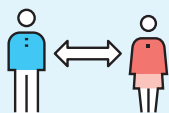
Even inside the shopping center, remember not to stop and chat with the other people.



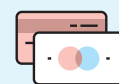
Disinfect your hands before entering the shopping center.



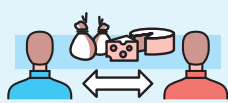
In the counter, position your products directly on the trolley and quickly passes over the counter without standing in front of the cashier.



Follow the list that you have prepared and give a distance of a meter to other customers.



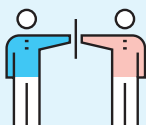
For payments, preferable in cash or credit card.



Also at the counters serve yourself, do the scales alone and pay particular attention to wait for your turn at a safe distance.



After paying, do not put the products in the shopping bags but put them directly in the trolley. You will be able to put the products in the bags in a more peacefully way in the parking area, before placing them in the car.



When you are at the counter or checking out, keep a distance from the operator while paying.

## After doing your shopping



Calmly put the products that you bought in the bags outside the shopping center in an open area.



If you did the shopping for some relatives or someone else, while giving it to him/her avoid direct contact.



As soon as possible arrange your products very well at home in the fridge, store, garage; wash or disinfect your hands again.