How to shop for essentials?

You may leave your house to shop for **essentials** taking a few simple precautions:

- **People without any symptoms** (cough, fever, difficulty breathing) may go out. Whenever possible, those who are most fragile must stay at home, and only one person should go out.

- Maintain a distance of at least **1-2 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 1-2 metres.

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

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Go to official sources for information

www.mscbs.gob.es

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