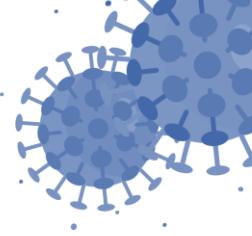


# How to shop for essentials?



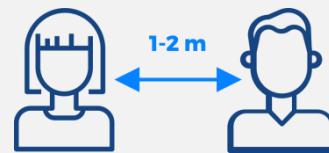
You may leave your house to shop for essentials taking a few simple precautions:



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!



24 March 2020

Go to official sources for information

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

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