

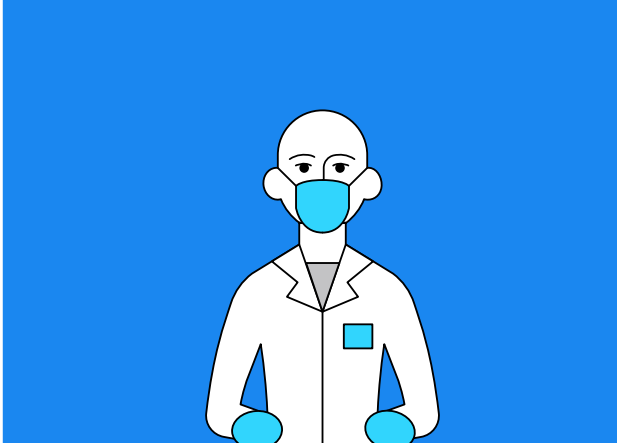
COVID-19 Guidance at Markets



**KEEP COVID-19
OUT OF OUR
MARKETS**

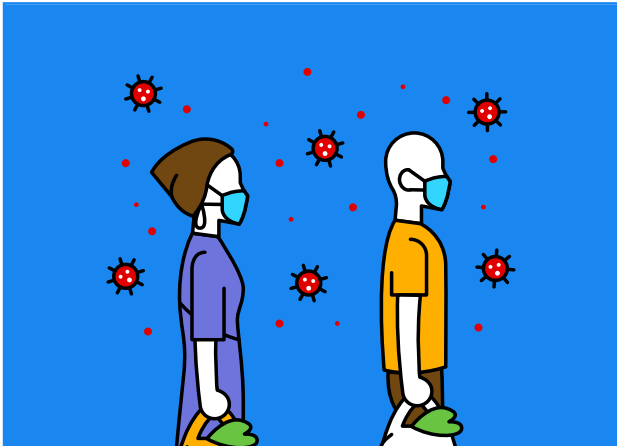
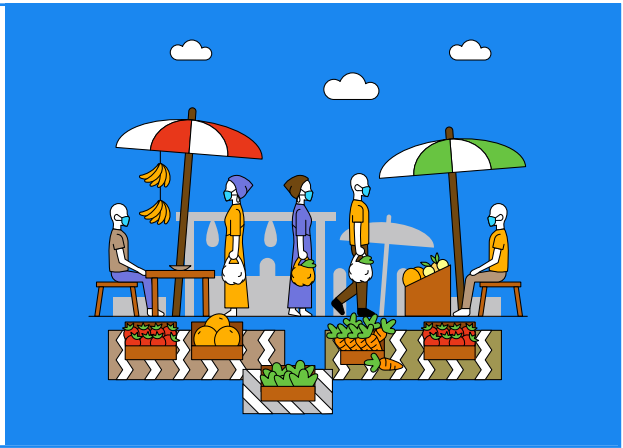
What can you do ?

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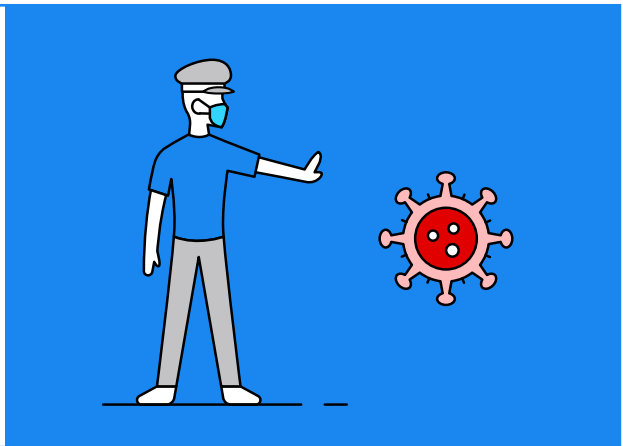
Markets are popular.

And in some places the only option, to buy fresh food and other essential products.



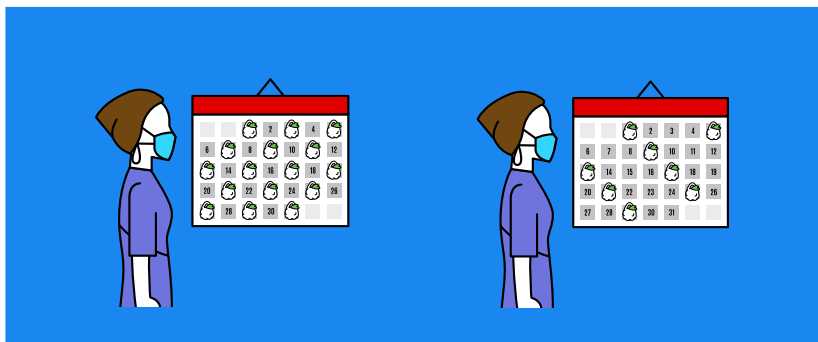
But they are also are places where the COVID-19 virus can spread quickly.

Like billions of people around the world, follow few simple rules and save lives.

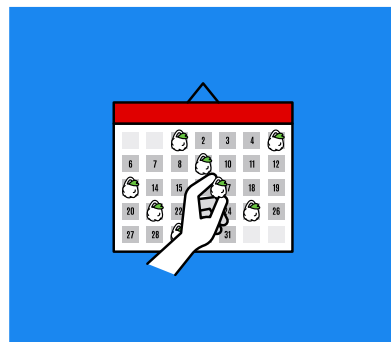




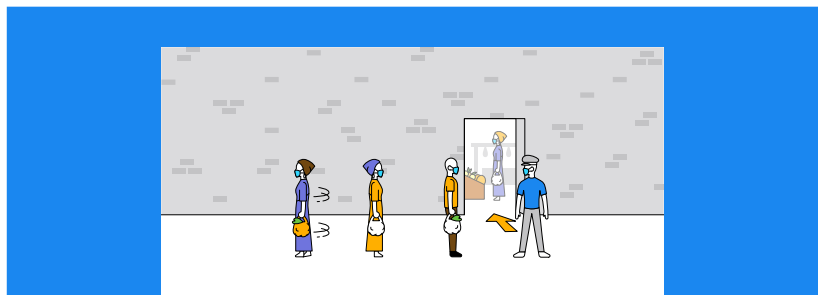
Before going to the market



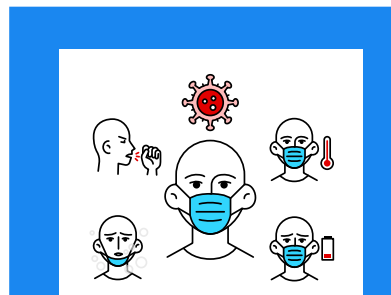
Try to go to the market less often.



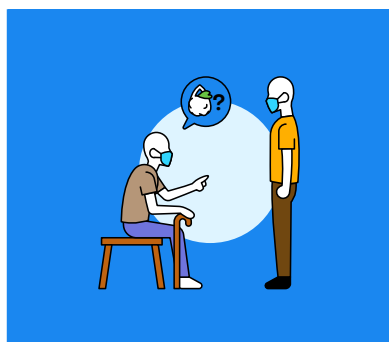
Ask yourself if you can do without certain items today.



Try not to shop during peak times to avoid crowds.

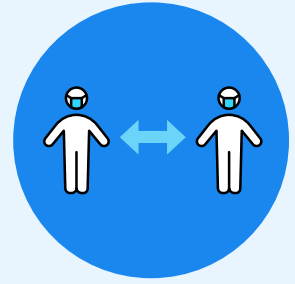


Ask whether you are well enough to go.

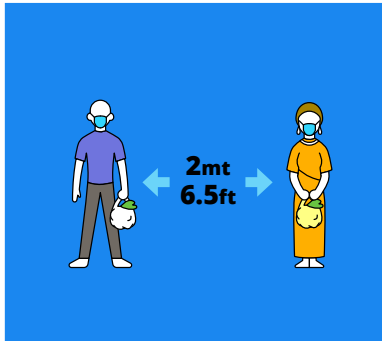


If you are elderly, find someone who can go to the market for you.

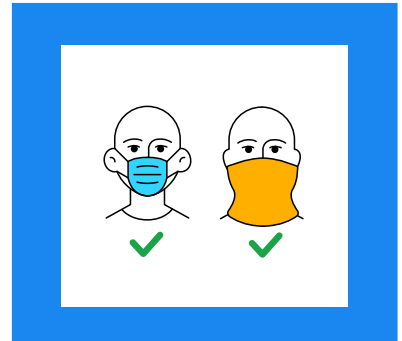
Hygiene & Social Distancing



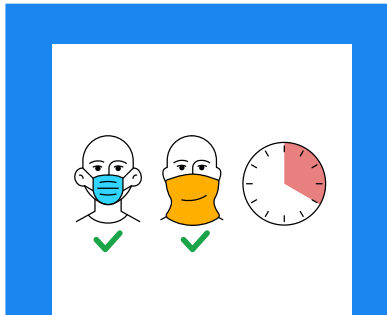
The virus spreads when the infected person coughs, sneezes, talks or breathes.



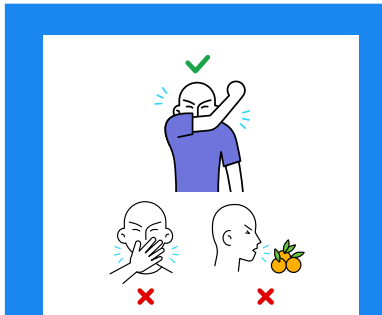
Show the right example, and avoid close contact by staying at least 2 metres away from people who are not part of your household.



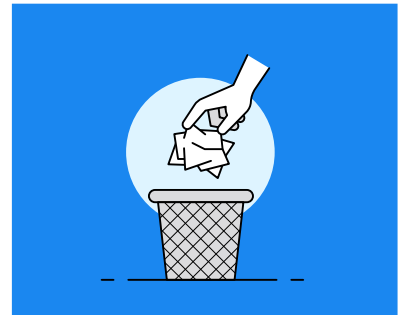
Help protect your community and always wear a mask or other face covering that covers your nose and mouth to protect yourself and others.



Change your mask every 4 hours.



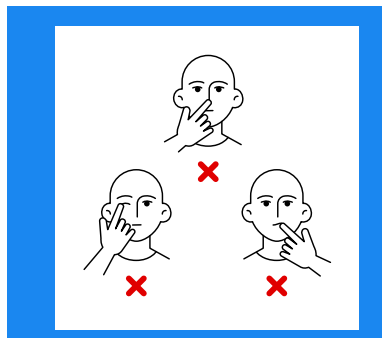
Cough or sneeze into your elbow, never into your hands or over the produce.



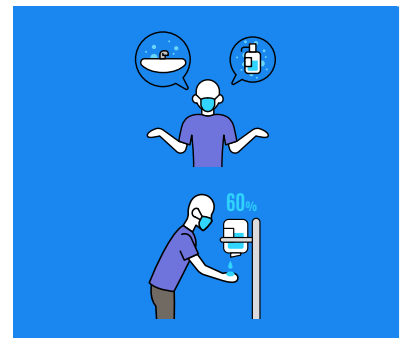
If you use a tissue to blow your nose, always dispose of used tissues properly.



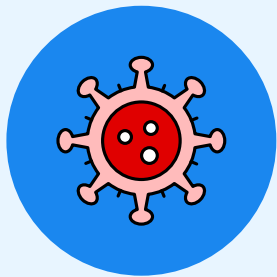
Wash your hands frequently with soap and water for 20 seconds.



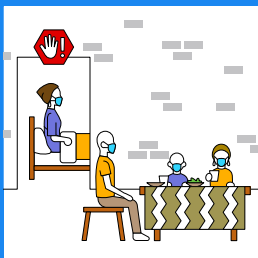
Avoid touching your eyes, nose, or mouth with your hands.



If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



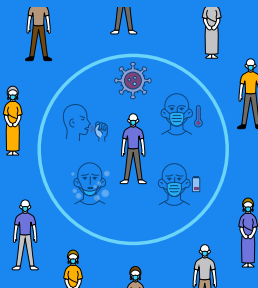
If you have symptoms or were tested positive for coronavirus



If you have COVID-19, even if you do not feel sick, you should stay at home, and avoid all contact with others, including members of your household.



Stay isolated for at least 10 days from the time you first felt sick, or you were tested positive.



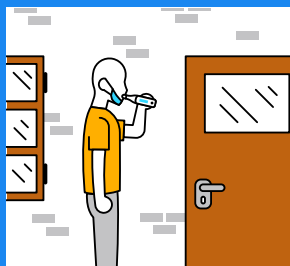
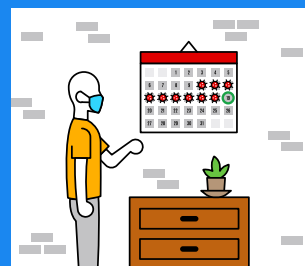
Stay in isolation for at least 24 hours after the fever goes away and you no longer feel ill.



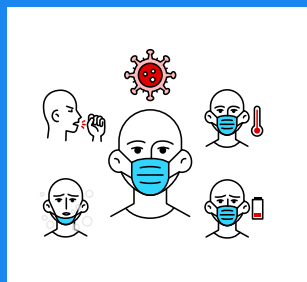
If you feel ill and think you have COVID-19, you should avoid contact with anyone, including your family and, if available, get tested.



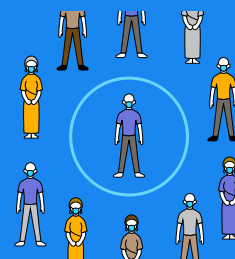
If you do not have symptoms but were within 2 metres of someone with COVID-19, you should isolate in your home for at least 10 days.



Check your temperature regularly.

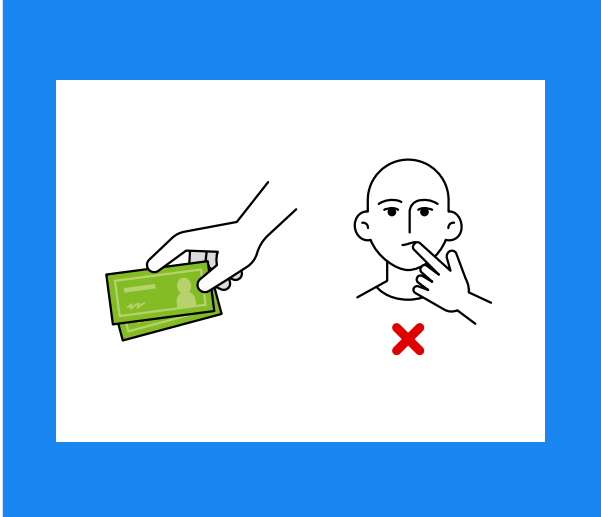


Watch for COVID-19 symptoms.



It is very important to avoid contact with others during this time.

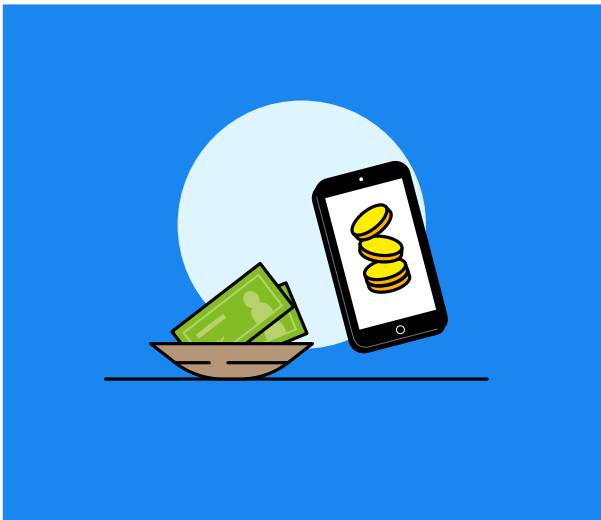
Paying for your purchase



When exchanging coins or bank notes, avoid touching your face afterwards.



Ask if you can pay by putting your money on a tray and get your change on this tray.



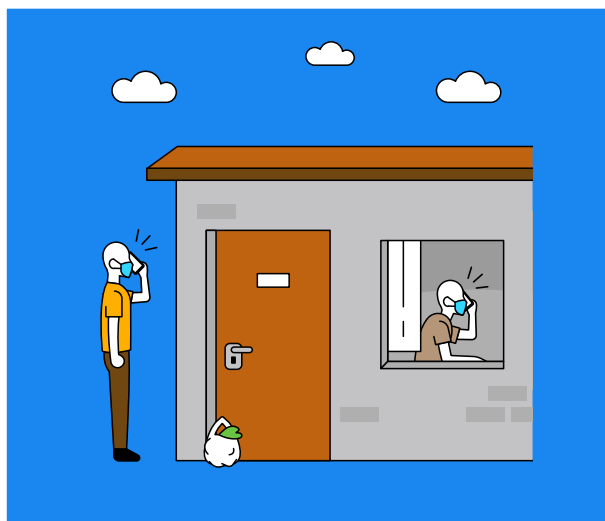
Whenever possible, pay via mobile phone or other contactless tools.



Returning from the Market



If you are shopping for others, leave the products outside their home.

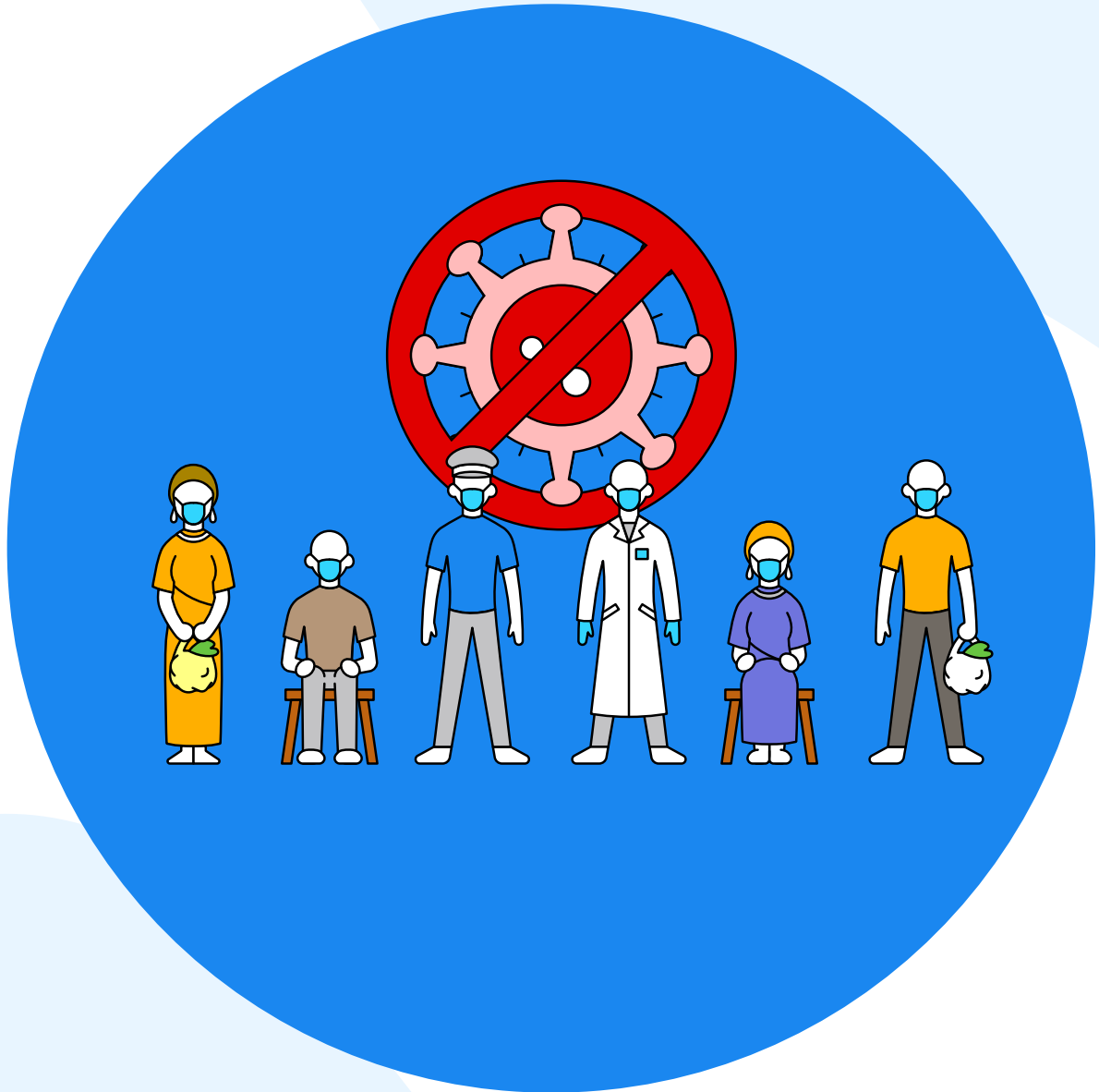


Let them know at a distance that their food is there.



Wash hands immediately when returning home.

Be part of the team that
will make our markets safer.



Place your
logo here