

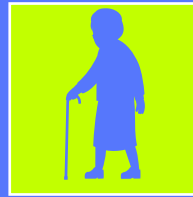


مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
مؤسسة عامة Gen. Org.

Advices to Prevent Getting Infected With “COVID-19” Virus While Being in Shopping Centres



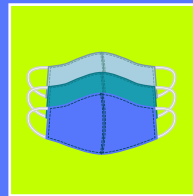
Do not go when showing any disease symptoms



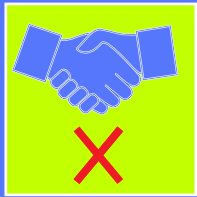
Do not take the most susceptible people for complications when infected with the virus such as the elderly and those with chronic diseases



Prepare a grocery list to shorten shopping time



Adhere to wearing cloth or medical face mask



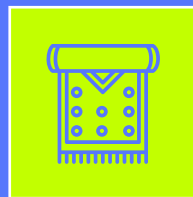
Avoid shaking hands or hugging or kissing



Follow sneezing and coughing etiquette and social distancing rules



Use electronic payment instead of cash



Bring a personal prayer matt to use when needed



Properly wash or sanitize hands before touching the face and after touching surfaces such as shopping carts, elevator buttons, etc



Avoid touching groceries that will not be bought



Leave immediately after finishing to avoid gatherings and direct contact



Once arriving home dispose of shopping bags and wash hands properly with soap and water