

# ! SHOP SAFE AND HEALTHY!

COVID-19 is a respiratory illness that can spread from person to person. If you leave your home for essential needs, please practice the following public health measures to prevent the spread.

## WEAR A CLOTH FACE COVERING



Everyone 2 years of age and older should wear a homemade cloth face covering (mask, bandana, or scarf) to **cover your mouth and nose**. Wash with warm water and soap after each use.

## PRACTICE SOCIAL DISTANCING



Try to stay at least **6 feet away** from other shoppers and employees, even when wearing a cloth face covering.



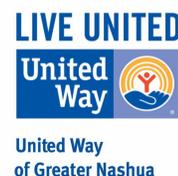
## WASH YOUR HANDS

Handwashing is one of the best ways to slow the spread. Wash your hands **before, during, and after shopping** with soap and water for at least 20 seconds.



 [NashuaNH.gov/COVID19](https://NashuaNH.gov/COVID19)

 603-589-4356



Thank you for doing your part to help prevent the spread of COVID-19.