

SAFETY WHILE ESSENTIAL SHOPPING

Precautions for Staying Safe from COVID-19

The tips below provide the most updated method to assure your safety and well-being while shopping, receiving deliveries and accepting carry-out items. If possible, avoid shopping if you are sick or have symptoms of COVID-19, which include fever, cough or shortness of breath.



PROTECT YOURSELF WHILE SHOPPING

- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- Stay at least 6 feet away from others while shopping and in lines.
- Visit during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes.
- Avoid touching your eyes, nose, or mouth.
- Use touchless payment (pay without touching money, a card, or a keypad) when possible. If you must handle money, a card, or use a keypad, use hand sanitizer immediately afterward.



WASH



DISINFECT



SANITIZE

ORDER ONLINE OR USE CURBSIDE PICKUP

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.



AFTER LEAVING THE STORE

- Use hand sanitizer after leaving the store.
- When you get home, wash your hands with soap and water for at least 20 seconds.
- At home, follow food safety guidelines: clean, separate, cook, chill. There is no evidence that food or food packaging has been linked to getting sick from COVID-19.



ACCEPTING DELIVERIES & TAKEOUT ORDERS

- Limit in-person contact if possible.
- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.
- Wash your hands or use hand sanitizer after accepting deliveries or collecting mail for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



The above information follows current CDC guidelines for essential shopping.