



NAVIGATING THE GROCERY STORE DURING COVID-19



Grocery stores are considered essential services during the COVID-19 pandemic. Here are some recommendations for grocery shopping:

General Recommendations

- **DO NOT** go to the grocery store if you are feeling sick or have symptoms of COVID-19 including shortness of breath, cough, and fever.



- If your grocery store offers it, order online or use curbside pick-up.

- Only go to the grocery store when you absolutely need to and for essential items. This will limit your potential exposure to the virus.

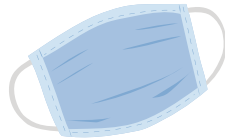


If you go to the grocery store, it's important to:



- Stay at least 6 feet away from others while shopping and standing on line.

- Cover your mouth and nose. You can wear a mask or make your own cloth face covering (the CDC website has posted a link from the Surgeon General, Dr. Jerome Adams, on how to do this)



- Try to go at times that might not be as busy.
- If you are a population at higher risk for contracting COVID-19, check and see if your grocery store has special hours that you could take advantage of. The CDC includes people 65+ and those with underlying medical conditions as higher risk populations.



- Disinfect the cart or basket.

- Do not touch your eyes, nose, or mouth.



- Use touchless payment, if possible (pay without touching money, a card, or a keypad). If you have to use any of these, use hand sanitizer immediately after paying.



When you leave the store, use hand sanitizer. Wash your hands, for 20 seconds, once you get home.