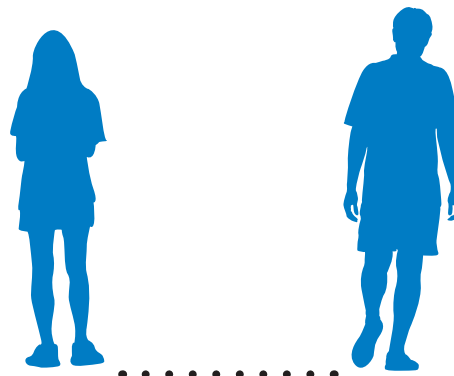
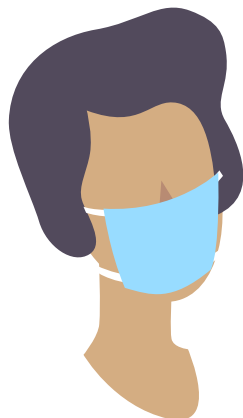


Tips for Safe Grocery Shopping During COVID-19



Before Leaving the Home

- Write a shopping list on paper to avoid touching your phone.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, congestion, nausea, diarrhea, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
- **Go alone** to the store to reduce risk to others in the home.
- Go when store is less crowded.
- **Contact store about new hours, and if there are special times for seniors or other groups.**

Before Entering the Store

- **Wear a mask**, and make sure that it **covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.

When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times**, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.
- Clean your hands with hand sanitizer after paying at the register.

When Entering Home

- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.
- Put empty grocery bags in the trash.
- **Wash hands again after unpacking food.**
- Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

Tips in bold
are the most important steps for
staying safe from COVID-19 in public.

For more information, visit
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).