

GROCERY SHOPPING



LIMIT TRIPS to the store, making fewer trips with larger purchases.



Place orders on-line and make use of **DELIVERY SERVICES** if possible.



USE CAUTION if you are at a higher risk of contracting Covid-19.

If you have a pre-existing condition or are over 60, use a delivery service or ask a friend to help whenever possible.

NOTE: MANY GROCERY STORES ARE OFFERING SPECIAL SHOPPING HOURS FOR THOSE 60 AND OLDER.



DISINFECT everything that you touch including shopping carts and pay pads.

Try to touch as little as possible.

THE CDC DOES NOT RECOMMEND wearing a mask or gloves to the store.

The virus sticks to gloves in the same way it would your hands.



WHEN YOU GET HOME:

Wash your hands before and after unloading the groceries for at least **20 seconds**.

If you don't have immediate access to soap and water, use hand sanitizer with at least 60% alcohol.



Disinfect kitchen surfaces such as counters and handles.