Food Shopping and COVID-19

Protect yourself when shopping

- Stay **at least 6 feet away from others** while shopping, and in lines.
- Cover your **mouth** and **nose** with a cloth face or covering in public.
- If you have to visit a store in person, go during hours when **fewer people** will be there
  - **Early morning** or **late night** for example
- If you are at **higher risk for severe illness**, find out if the store has **special hours for people with high risk**.
  - You may be at higher risk if:
    - You are **65 years or older**
    - You have any **serious underlying medical conditions**
- **Disinfect** the shopping cart. Bring disinfecting wipes with you or use ones provided by the store if available.
- Avoid touching surfaces or items unnecessarily.
- **Do not touch your eyes, nose, or mouth.**
- If you can, use **touchless payment** (pay without touching money, a card, or a keypad).
  - If you must handle money, a card, or use a keypad, use **hand sanitizer right after paying**.

Stay home if you are sick

Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.

Order online or use curbside pickup

If possible, use online ordering and curbside pickup or delivery for food and other items.

***Only visit the grocery store in person when you absolutely need to***

Use hand sanitizer when you leave the store,

**Wash your hands when you get home**

Wash your hands at home with **soap and warm water** for at least 20 seconds

CDC COVID19 Guidelines updated April 10th
For more information visit