GROCERY STORE TIPS
Stay 6 ft apart from others

1. Stay home if sick.

2. Order online or use curbside pickup.

3. Only visit the grocery store, or other stores selling household essentials, in-person when you absolutely need to.

4. Cover your mouth and nose with a cloth face covering when you visit the grocery store.

5. Protect yourself while shopping. Stay at least 6 feet away from others while shopping and while waiting in lines. Do not touch your eyes, nose, or mouth.

6. If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.

7. Disinfect the shopping cart, use disinfecting wipes if available.

8. Avoid picking up items you are not going to buy.

9. If possible, use touchless payment (pay without touching money, a card, or a keypad).

10. After leaving the store, use hand sanitizer.

11. When you get home, wash your hands with soap and water for at least 20 seconds.

12. Follow food safety guidelines: clean, separate, cook, chill.

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