Shopping in the COVID-19 Pandemic

Are you ill?

Yes

Stay home

No

Okay to shop for essentials

• Use curbside if possible
• Shop alone when possible

While shopping:

1. Try to shop early morning/late at night
2. Wear a face covering (mouth and nose)
3. Disinfect the shopping cart/basket
4. Refrain from touching eyes, nose, and mouth
5. Refrain from touching cellphone, wallet or keys
6. Use touchless pay if possible
   • Use hand sanitizer after paying
7. Keep at least 6 feet distance

After shopping:

1. Sanitize your hands with hand sanitizer (60% ethanol or greater)
2. Sanitize your steering wheel and stick shift

At home:

1. Wash hands with soap and water, at least 20 seconds
2. Disinfect cell phone with disinfectant or alcohol wipe
3. You may decontaminate packages the following ways:
   • Wipe down or wash packaged items
   • Disinfect surfaces touched by groceries/bags
   • Wash any cloth bags used
   • You may leave nonperishables in garage for 72 hours
   • Wash fruits and vegetables with soap and water, at least 20 seconds
4. Consider changing clothes/showering
   • Necessary if encountered a sick person
   • Wash all clothing purchases before wearing
5. Wipe down doorknobs with a disinfectant or alcohol wipe

If ill or immunosuppressed, check CDC guidance:


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