

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:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>