

# GROCERY SHOPPING AND COVID-19

## WHAT YOU NEED TO KNOW



### Tips for shopping safely:

During this stay-at-home phase of the coronavirus pandemic, you will need to continue to purchase food and other household items. Venturing to the grocery store (or ordering from a grocery delivery service like Instacart, Shipt or Amazon Fresh) to stock up on several days of essentials is a necessity. But at the same time, health experts strongly recommend social distancing as one of the necessary measures to control the virus's spread. So, what are some ways to safely shop for food in our current environment? We've got some tips for you.

### If you physically go to a grocery store ...

#### BEFORE YOU GO



**WASH YOUR HANDS** thoroughly before you go.



When you do go, **GO DURING OFF-PEAK HOURS** and if possible, **BRING DISINFECTING WIPES WITH YOU** – many grocery stores provide sanitizing wipes, but it's good to have a backup. Your grocery stores may have dedicated days of the weeks and times for persons at higher risk of complications from COVID-19 (persons who are 65 and older and/or persons with underlying health issues).

#### AT THE STORE



Upon arrival, **WIPE DOWN CARTS AND BASKETS**, especially the handles. Some grocery stores are providing disinfected shopping carts.



Maintain normal shopping habits and **AVOID OVERBUYING OR HOARDING ITEMS**.



Be extra careful to **KEEP YOUR HANDS AWAY FROM YOUR FACE**.



**STAY AT LEAST SIX FEET AWAY FROM OTHER SHOPPERS** while you're shopping and when you're in line to check out.



If possible, **USE THE SELF-CHECKOUT LANE** – this reduces your contact with other people. Use a credit card or virtual payment system (like Apple Pay or Google Pay for example) to pay for your groceries.



If you do go through a cashier instead of the self-checkout lane, **BAG YOUR OWN GROCERIES** – whether you bring your own bags or use the ones provided by the grocery store.



**PUMP SOME HAND SANITIZER ON YOUR HANDS ON YOUR WAY OUT** or use sanitizer or soap after loading your car with groceries.

#### WHEN YOU GET HOME



When you get home, **ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE THE GROCERIES**.

This person will unload and clean your items. This is a good way to minimize unnecessary potential exposure to other people in your household.



**WIPE DOWN YOUR GROCERIES** with a disinfectant wipe or with soap and water. After you've cleaned your items and put them away, recycle or discard bags, boxes, or other containers and then **CLEAN ANY SURFACES YOUR GROCERY BAGS AND GROCERIES TOUCHED** – think counter tops, refrigerator handles, cabinet and pantry handles.



**WASH YOUR HANDS** again.

# If you get your items delivered ...

## STEP 1



**ORDER EARLIER THAN YOU USUALLY DO.** Amid higher demand, you may have to wait longer than normal to receive your items.

## STEP 2



**AVOID A DIRECT HAND-OFF.** Apps like Instacart have a "Leave at my door" option – use it.

## STEP 3



If you live alone and are unable to bend over to lift a bag, or bags, or a box, **THINK ABOUT A TABLE OR BENCH AT YOUR DOOR**, if possible, where groceries can be left.

## STEP 4



**TIP ELECTRONICALLY**, if possible – most apps have this option.

## STEP 5



**ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE THE GROCERIES.** This person will unload and clean your items. This is a good way to minimize unnecessary potential exposure to other people in your household.

## STEP 6

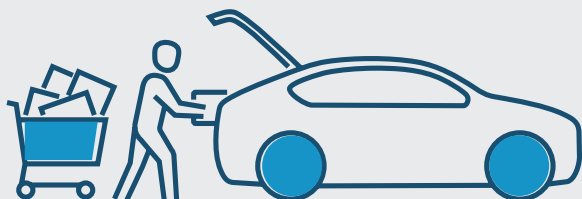


**WIPE DOWN YOUR GROCERIES** with a disinfectant wipe or with soap and water. After you've cleaned your items and put them away, recycle or discard bags, boxes, or other containers and then clean any surfaces your grocery bags and groceries touched – think counter tops, refrigerator handles, cabinet and pantry handles.

## STEP 7



**WASH YOUR HANDS** again.



## If you're picking up groceries ...

Follow the same guidelines for delivery

**CONSIDER OPENING YOUR CAR DOOR OR TRUNK YOURSELF AND** rather than having the person bringing the items to your car touch the handle.

## What about packages from FedEx or Amazon that come in boxes or large envelopes?



**AVOID A DIRECT HAND-OFF.** Most delivery workers are now leaving packages at your door.



**ASSIGN ONE PERSON IN YOUR HOUSEHOLD TO HANDLE YOUR ITEMS.**



**REMOVE ITEMS FROM PACKAGING OUTSIDE.**



**WIPE THEM DOWN** with a disinfectant wipe or with soap and water, if appropriate. If it's clothes for example, it probably makes more sense to pop them in your washer.



**RECYCLE OR DISCARD OF YOUR PACKAGING.**



**CLEAN ANY SURFACES YOUR NEW ITEMS MAY HAVE TOUCHED** – think counter tops, refrigerator handles, cabinet and pantry handles.



**WASH YOUR HANDS** thoroughly.