Current evidence shows the biggest risk of transmission of COVID-19 is being around individuals who have symptoms (and to a lesser extent, infected but not showing symptoms.) Grocery stores should be following employee health policies and health department recommendations to keep these individuals home.

SHOPPING

WHAT STEPS CAN I TAKE TO MINIMIZE RISK WHEN SHOPPING AT THE GROCERY STORE?

- Use hand sanitizer when entering stores, and wash hands and/or use sanitizer after leaving.
- Bring disinfecting wipes and use on cart and basket handles and card readers
- Maintain social distancing as much as possible while shopping and give others at least 6ft of space.
- Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face.
- Do not go shopping when showing symptoms or think you have been exposed to the virus.

WHAT IS MY GROCERY STORE DOING TO MINIMIZE MY RISK?

- Many stores are following CDC guidelines on cleaning and disinfection. Some are limiting hours to allow for additional cleaning and disinfection.
- Stores may also be providing hand sanitizer and/or disinfecting wipes for carts or baskets, and may ask sick employees or customers to leave.
- Grocery employees are essential employees and encouraged to wear cloth face coverings.
- Stores may also limit the number of people allowed to shop at one time, and enforce physical distancing while in line inside and outside the store.

IS DELIVERY A SAFER OPTION THAN GOING TO THE STORE?

- Delivery or pre-order is a great risk management decision, especially for vulnerable individuals.
- Delivery helps limit the number of people in the store and helps with social distancing, as well as the number of people touching surfaces.
- Pre-order or delivery also prevents the shopper from inadvertently exposing others if they are infected but not showing symptoms

HOW SHOULD PRODUCE BE HANDLED?

- Consider using hand sanitizer before and after selecting produce items.
- Avoid touching multiple produce items when making selections.

TIPS

1. Use hand sanitizer and cart wipes.
2. Shop alone and go with a plan.
4. Only touch what you will buy.