

IS IT SAFE TO GO GROCERY SHOPPING DURING THE CORONAVIRUS (COVID-19) PANDEMIC?

Yes, many experts believe that it is acceptably safe to go grocery shopping during COVID-19 as long as you are not ill and take appropriate precautions, such as the tips below.



If possible, do your grocery shopping online and have your groceries delivered to your home. Some stores also offer curbside pick up.



Shop early in the morning or late at night, when stores are less busy. Some stores offer special hours for higher risk individuals.



Before visiting the store, make a grocery list for an entire week of meals. This will help you avoid multiple trips to the store.



Bring disinfecting wipes to clean your cart before shopping.



Wear a cloth face covering.



Maintain a distance of at least 6 feet from other shoppers.



Avoid touching your face.



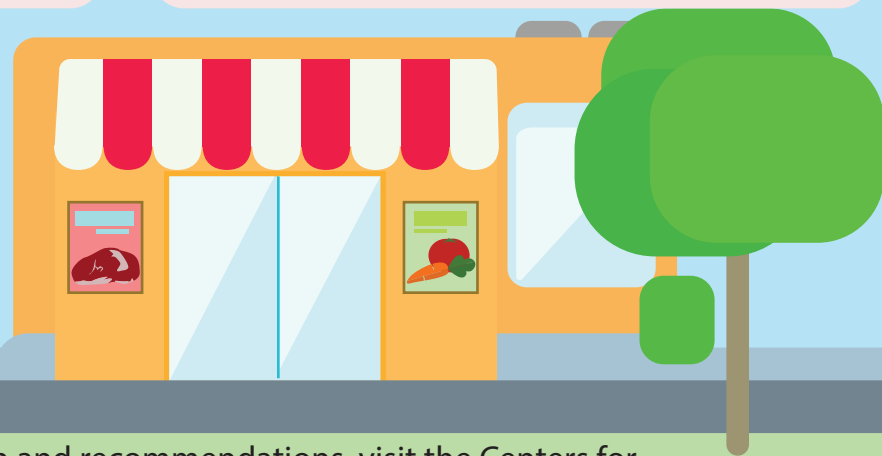
Use hand sanitizer immediately after paying.



Wash your hands for 20 seconds with soap and water when you get home.



Follow normal food safety with purchased foods. COVID-19 has not been shown to spread through food or its packaging, but as an extra precaution you can wipe down and air dry packaging.



For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>