# COVID-19 Grocery Shopping Tips

**Before You Go**

- **Only make needed trips.**
  - Be extra cautious if you or a loved one is more likely to get sick from COVID-19.
  - Don’t go to the store if you are sick.

- **Wash your hands.**
  - Consider ordering groceries online for pick up or delivery.

- **Check for special hours.**
  - Many stores have special hours for people over 60, pregnant people, and people with medical conditions to shop.

**At the Store**

- **Wear a cloth face covering.**
  - A cloth face covering is a sewn mask or a piece of fabric covering your mouth and nose.

- **Use hand sanitizer.**
  - You can clean the handles of the grocery cart or basket with hand sanitizer or an antiseptic wipe.

- **Cover your coughs and sneezes.**

- **Don’t touch your face.**

- **Keep your distance.**
  - Keep 6 feet of space between you and others, even in the checkout line.

- **Save some for your neighbors.**
  - Purchase only what you need so there will be enough for everyone.

**When You Get Home**

- **Wash your hands.**

- **Practice food safety.**
  - Don’t disinfect your groceries. Wash your fruit and vegetables as you normally would.

**For more information**

- Call 1-800-525-0127 and press # for interpreter services.
- Text Coronavirus to 211211.