Before Leaving the Home
• Write a shopping list on paper to avoid touching your phone.
• Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, congestion, nausea, diarrhea, or sore throat.
• Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
• Go alone to the store to reduce risk to others in the home.
• Go when store is less crowded. Contact store about new hours, and if there are special times for seniors or other groups.

Before Entering the Store
• Wear a mask, and make sure that it covers both the mouth and nose.
• Wipe down shopping cart or basket handles with disinfectant wipe or cloth with cleaning solution.
• Leave your reusable bags behind. Use plastic or paper bags from the store instead.

When Inside the Store
• Do not touch your eyes, nose, or mouth.
• Keep a distance of 6 feet from others at all times, especially in the aisles and at checkout. Stores may also have additional distancing rules.
• Cough or sneeze into a tissue or the inside of your elbow.
• Use a debit card instead of cash when at the register.
• Clean your hands with hand sanitizer after paying at the register.

Tips in bold are the most important steps for staying safe from COVID-19 in public.

When Entering Home
• Remove shoes and leave outside.
• Wash your hands immediately upon returning home.
• Wipe down phone, wallet, debit card, and other objects touched while in store with disinfectant wipes or cleaning solution.
• Wipe down countertops with disinfectant wipes or cleaning solution after unpacking food.
• Put empty grocery bags in the trash.
• Wash hands again after unpacking food.
• Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

For more information, visit CDC.gov/coronavirus.