

# COVID-19

## Novel Coronavirus

## Grocery Shopping

*tips to stay healthy*

**Stay home if you're sick.** Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.



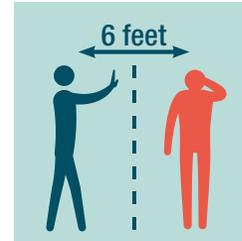
Order online or use curbside pickup. If you must go to the store, limit your visits by preparing a list.



Cover your mouth and nose with a cloth face covering when you have to go out in public.



When you do have to visit in person, go during hours when fewer people will be there like early morning or late at night. If possible, go alone.



Stay at least 6 feet away from others while shopping and in lines.



Avoid unnecessary handling of all items in store.



Use hand sanitizer when you leave the store. Wash your hands for at least 20 seconds with regular soap and water when you get home.