

How can you Safely Grocery Shop in the Time of Coronavirus? Here's what the Experts Suggest (CDC & Journal of Medicine)

- Maintain **Social Distance** from other people (6 feet) the primary concern while shopping is the risk of contracting the virus from other people, not from food or surfaces in the store.
- Wear gloves and face covering whenever possible or in proximity of others.
- Create habits and reminders to **avoid touching your face**
- When possible leave your kids and other family members at home
- Offer to shop for high risk individuals
- While not the highest concern the virus can live on surfaces such as plastic & cardboard
- Clean your shopping cart or basket with disinfectant wipes of your own or ones provided by the store before and after use.
- Bring hand sanitizer to the store if its available to you and use it after you come in contact with "high touch surfaces" (cart or basket handles, key pads in checkout)
- Put raw foods like vegetable and fruits in bags to prevent direct contact with shopping carts
- Use a paper shopping list rather than your phone (you can throw away the paper when your done with it)
- Use hand sanitizer when you leave the store before you get in the car and touch your steering wheel
- Upon returning home, take off shoes outside and wipe down.
- WASH YOUR HANDS for at least 20 seconds as soon as you can
- Order food online if its available for curbside pick-up or through delivery services.



Mindset Shift During a Pandemic:

Each individual community & staff member plays an important role in protecting others. My mindset is I chose to self-isolate to protect myself, my family and my loved ones, because I care about my community.

Mental Health Consideration

In practicing "Stay home, Stay safe" try to the best of your ability to keep regular routines & schedules as much as possible or help create new ones in a new environment. Routines should include regular work hours, regular exercising, going outside, cleaning, daily chores, singing, painting or other activities and hobbies. Do your best to keep in regular contact with loved ones via telephone, social media or video conferences.



Daily Routine
of Businessman