

COVID-19 Grocery Shopping Tips



 <p>BEFORE YOU GO</p>	<p>Only make needed trips.</p> <p>Be extra cautious if you or a loved one is more likely to get sick from COVID-19.</p>   <p>Don't go to the store if you are sick.</p>	<p>Wash your hands.</p>  <p>Consider ordering groceries online for pick up or delivery.</p> 	<p>Check for special hours.</p>  <p>Many stores have special hours for people over 60, pregnant people, and people with medical conditions to shop.</p>
 <p>AT THE STORE</p>	<p>Wear a cloth face covering.</p> <p>A cloth face covering is a sewn mask or a piece of fabric covering your mouth and nose.</p> 	<p>Use hand sanitizer.</p> <p>You can clean the handles of the grocery cart or basket with hand sanitizer or an antiseptic wipe.</p> 	<p>Keep your distance.</p> <p>Keep 6 feet of space between you and others, even in the checkout line.</p> 
	<p>Cover your coughs and sneezes.</p> 	<p>Don't touch your face.</p> 	<p>Save some for your neighbors.</p> <p>Purchase only what you need so there will be enough for everyone.</p>
 <p>WHEN YOU GET HOME</p>	<p>Wash your hands.</p> 	<p>Practice food safety.</p> <p>Don't disinfect your groceries. Wash your fruit and vegetables as you normally would.</p> 	<p>For more information</p> <p>Visit doh.wa.gov/coronavirus or coronavirus.wa.gov.</p> <p>Call 1-800-525-0127 and press # for interpreter services.</p> <p>Text Coronavirus to 211211.</p>