

# COVID-19 Guidance for Grocery Shopping

Community Spread of COVID-19 is happening.

COVID-19 Spreads person to person through close contact.

## Social Distancing is Required!

- Maintain a 6ft distance between you, fellow shoppers, and employees.
- Go shopping alone, one per household, when possible.
- Make a comprehensive list. Avoid shopping for only one thing at a time. Shop for 14 days if possible.
- Wipe down your cart before use.
- Use debit or credit cards to limit exposure to cashiers.
- Use a delivery service.
- Avoid peak shopping times (weekends and 4-6 during the week.)

## And Remember:

- Stay home when you are sick
- Avoid touching face and mouth
- Wash all produce
- Wash your hands with soap and water when entering your home.

