

Shopping Safety Tips

(Coronavirus 2019 (COVID-19))



Most people are being told to stay home from work, practice social distancing, and steer clear of crowded places to slow the spread of COVID-19 in our communities. What should you do if you need to run an essential errand such as grocery shopping or visiting the pharmacy?

Here are a few tips to help ensure a safe shopping experience for everyone:

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath. Stay at home when sick.
- Order food and other items online for home delivery or curbside pickup (if possible).
- After receiving your delivery wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to.
- Cover your mouth and nose with a cloth face covering when you must go out in public. Do not touch your eyes, nose, or mouth.
- Limit in person visits to the pharmacy. Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive thru-windows, curbside services (wait in your car until the prescription is ready, mail order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.
- When you do have to go to the store in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk (e.g. adults 65 or older, people of any age who have serious underlying medical conditions). If they do, try to shop during those hours. Check out your store's website or call in advance.
- Come prepared with a shopping list. Inventory what you have on-hand to make sure you don't forget anything and need to make repeat trips to the store.

- Allow for extra time. Some stores are queuing customers outside their main entrance to reduce crowding within the store.
- Help reduce store crowding. Don't bring extra people on your visit to the store (if possible).
- Most stores will have sanitizing wipes available for use. You can also wear gloves for handling shopping carts and grocery items.
- Wash or disinfect your reusable grocery bags after each use. For your safety, some grocers ask that you bag your own groceries if using reusable bags, while others have decided to temporarily not allow reusable bags in their stores.
- Practice social distancing within the store. The CDC guideline is 6-feet – the safe distance to help prevent the spread of COVID-19. An average grocery cart is 3-feet long, so keep a distance of two grocery carts between you and others.
- Inspect produce with your eyes, not your hands. To avoid unnecessary handling of fruits and vegetables use a produce bag to make your selection.
- Avoid unnecessary handling of all items in store. Try not to pick up cans or boxes or other products unless you plan to buy. Let your eyes guide your choice.
- Don't crowd the checkout counter:
 - * Keep your distance from the person in front of you. As a courtesy, some grocers have marked the floors in and around the checkout area to assist you in keeping, a safe distance.
 - * Wait until the customer in front of you has finished collecting their groceries before unloading your groceries at the check stand.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.
- After leaving the store, use hand sanitizer. When you get home wash your hands with soap and water for at least 20 seconds.
- At home, you can wipe grocery packaging with a disinfectant wipe. There is no evidence that food or food packaging has been linked to getting sick from COVID-19.
 - * Rinse fresh vegetables and fruit. Washing with soap may result in a soap residue left on items which may make you sick.
 - * Don't forget to disinfect your reusable grocery bag and/or gloves.

Stay Safe & Be Well

References:

- Oregon Public Health Division: <https://www.coronavirus.oregon.gov>. California Grocers Association: 'What Consumers Can do to Stay Safe While Shopping.'
- Center for Disease Control and Prevention: Grocery Shopping, Take-Out, Banking, Getting Gas, and Doctor Visits. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>