

# Staying Safe While Shopping for Household Essentials

If you need to go out and get groceries or other household essentials during the coronavirus disease 2019 (COVID-19) pandemic, there are certain things you can do to stay safe.



## Stay home if you're feeling 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 possible, order food and other items online for home delivery or curbside pickup. Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

## Protect yourself while shopping.

If you're unable to order your goods online or you must go shopping inside the store, keep these tips in mind to stay safe:

- Stay at least 6 feet away from others while shopping and in lines.
- 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 (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. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older, and people of any age who have serious underlying medical conditions.
  - Disinfect the shopping cart by using disinfecting wipes, if available.
- Do not touch your eyes, nose and mouth.
- If possible, use touchless payment (pay without touching money, a card or a keypad). If you must handle money or use a card or keypad, use hand sanitizer right after paying.