

Grocery Run Safety



Stay Safe. If you are showing symptoms, please don't shop! See if a loved one can shop for you. Also, minimize frequency of shopping trips.



Limit who goes with you. While the more the merrier sounds like a fun trip to the grocery store, it's important to remember to try to limit everyone's exposure. Try to limit grocery store visits for essentials and with no more than 1-2 individuals per household.



Go shopping at a time that's less busy. If you type in the store's name and location in Google search, a box often will pop up showing when foot traffic there is highest.



Social Distance. Maintain as much distance as possible from employees and other shoppers. The CDC recommends at least six feet.



Take germicide with you. Use it to wipe your hands and the cart before and after you shop. Do your best not to touch surfaces.



Use a credit or debit card. That way, you don't have to hand over bills or receive change. Also, use your own pen to sign receipts. If you can, use a virtual payment system like Apple Pay so that you don't have to open your wallet at all.



Be Supportive! Stores are doing their best to keep shelves stocked and stores staffed to serve you. Be sure to thank workers for their service.

