



## Health Tips for Shoppers During COVID-19

- ◆ If stores appear busy or crowded, delay shopping until a later time.
- ◆ Shop alone. Do not run errands with your family or a group of friends.
- ◆ Make a list of what to buy in advance of your shopping trip to reduce time spent in the store.
- ◆ Buy a week's worth of groceries in a single visit to limit your number of trips to the store.
- ◆ Shop with your eyes. Only touch products that you intend to purchase.
- ◆ Maintain a minimum distance of six feet from other customers and store workers whenever possible.
- ◆ Do not shop while sick. Contact friends, neighbors, and your church, synagogue, or faith community to ask for help getting essential supplies.
- ◆ Do not bring reusable bags or backpacks into stores during the pandemic.
- ◆ Do not hoard goods. The supply chain is working well, and items will be replenished in short order. In particular, manufacturers have ramped up production of in-demand goods like toilet paper.
- ◆ Wash / sanitize your hands often.