



# COVID-19 Grocery Shopping Tips

 <p><b>BEFORE YOU GO</b></p>	<p><b>Only make needed trips.</b></p> <p>Be extra cautious if you or a loved one is more likely to get sick from COVID-19.</p>   <p>Don't go to the store if you are sick.</p>	<p><b>Wash your hands.</b></p> 	<p><b>Check for special hours.</b></p>  <p>Many stores have special hours for people over 60, pregnant people, and people with medical conditions to shop.</p>
 <p><b>AT THE STORE</b></p>	<p><b>Wear a cloth face covering.</b></p> <p>A cloth face covering is a sewn mask or a piece of fabric covering your mouth and nose.</p> 	<p><b>Use hand sanitizer.</b></p> <p>You can clean the handles of the grocery cart or basket with hand sanitizer or an antiseptic wipe.</p> 	<p><b>Keep your distance.</b></p> <p>Keep 6 feet of space between you and others, even in the checkout line.</p> 
	<p><b>Cover your coughs and sneezes.</b></p> 	<p><b>Don't touch your face.</b></p> 	<p><b>Save some for your neighbors.</b></p> <p>Purchase only what you need so there will be enough for everyone.</p>
 <p><b>WHEN YOU GET HOME</b></p>	<p><b>Wash your hands.</b></p> 	<p><b>Practice food safety.</b></p> <p>Don't disinfect your groceries. Wash your fruit and vegetables as you normally would.</p> 	<p><b>For more information</b></p> <p>Visit <a href="https://doh.wa.gov/coronavirus">doh.wa.gov/coronavirus</a> or <a href="https://coronavirus.wa.gov">coronavirus.wa.gov</a>.</p> <p>Call 1-800-525-0127 and press # for interpreter services.</p> <p>Text <b>Coronavirus</b> to 211211.</p>