



Heading to the grocery store?

We've all got to eat, but grocery stores can pose an increased risk for exposure to COVID-19.

Follow the CDC's before, during, and after tips to stay safe!



BEFORE:

- Do not go if you are symptomatic, have been a close contact or have tested positive
- Use online ordering or delivery if possible
- Bring sanitizing wipes



DURING:



- Sanitize your cart
- Maintain social distancing of at least 6 feet, and follow directional signs
- Wear a properly fitted face covering
- Avoid touching your face
- Touch only the products you plan to purchase
- Use touchless payment (or sanitize hands after paying)



AFTER:

- Use hand sanitizer before removing your face covering
- Wash your hands with soap and water for at least 20 seconds



Visit the [CDC website](https://www.cdc.gov) or scan QR code to learn more.

