

Shopping Tips

How to Shop Safely to Minimize Risk of COVID-19

The U.S. Food and Drug Administration and the Centers for Disease Control and Prevention offer shopping tips to minimize the risk of contracting or spreading COVID-19.

- Do not enter a store if you are sick.
- Buy online for delivery or curbside pickup if you can.
- Follow these guidelines when shopping in a store:



Go when fewer people are shopping.



Bring the list you've prepared in advance to buy 1 to 2 weeks of groceries at a time.



Cover your nose and mouth with a cloth face covering or mask if you can.*



Keep sanitizing wipes in your car and use one to disinfect your cart handle before you shop.

6 ft



Keep 6 feet apart from others outside the store and in the aisles and checkout line. Follow arrows in the store.



Use hand sanitizer after leaving the store.



Wash your hands with soap and water for at least 20 seconds as soon as you return home.

*Health experts advise people under age 2 or with certain health conditions not wear masks.