

COVID-19 SAFETY GUIDELINES FOR GROCERY SHOPPING



SHOPPING TIPS

- Maintain a 6 foot distance between yourself, other shoppers and employees
- Go shopping alone, one person per household, when possible
- Be prepared, take an inventory of what you need before shopping to reduce time & to avoid multiple trips
- Wipe down your cart or basket handles prior to use (most stores provide sanitizing wipes)
- Avoid peak hours (weekends & 4PM-6PM during the week)
- Use a debit or credit card to limit contact with cashiers
- Try a delivery service like Peapod, CVS, or Instacart

TAKE PRECAUTIONS



- Stay home if you're sick
- Avoid touching your mouth and face
- Wash all produce
- Wash your hands with soap and water after you get home, before and after unpacking groceries
- Only go shopping for essentials

Prevent the spread of Covid-19

Cromwell Health Department