

Staying Safe Outside the Home

Shopping for Essentials

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.
- Check to see if stores offer early shopping hours for older adults.
- Stay at least six feet away from others.
- Cover your mouth and nose with a cloth face covering.
- When you do have to visit in person, go during hours when fewer people will be there.
- Disinfect the shopping cart with disinfecting wipes.
- Do not touch your eyes, nose, or mouth.
- Use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer after paying.
- After leaving the store, use hand sanitizer with 60% alcohol. When you get home, wash your hands with soap and water for at least 20 seconds.
- There is no evidence that food or food packaging has been linked to getting sick from COVID-19.



Accepting Deliveries

- Pay online or on the phone when you order.
- Accept deliveries without in-person contact. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least six feet away from the delivery person.
- After receiving your delivery or bringing home takeout food, wash your hands with soap and water or, use a hand sanitizer.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water or use a hand sanitizer.

Banking

- Bank online whenever possible.
- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keypad with a disinfecting wipe before you use it.
- When you are done, use a hand sanitizer. Wash your hands with soap and water when you get home.

Getting Gasoline

- Use gloves or disinfecting wipes on handles and buttons before you touch them.
- After fueling, use a hand sanitizer. Wash your hands with soap and water.

Source: Centers for Disease Control and Prevention (CDC) *As of April 30, 2020*

