

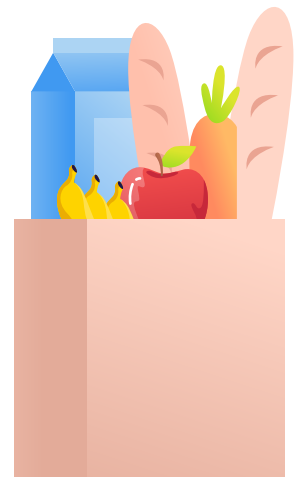
HOW TO NAVIGATE THE GROCERY STORE DURING THE COVID-19 PANDEMIC



FUEL YOUR FAMILY

Pick-up or Delivery

- Minimize your risk by opting for pick-up or delivery when possible
- If you need to go inside the store, practice social distancing, and try going during less busy hours to avoid crowds



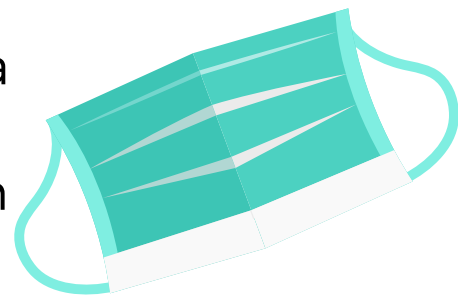
Have a Plan



- If possible designate one person from your household to go to the store
- Have a list of the items
- Check store hours and policies before you arrive
- Have your method of payment handy to check out quickly

Wear a Mask or Face Covering

- If you need to shop in the store, wear a mask or face covering.
- Click [here](#) to request a free mask from United Way of Douglas County



While Shopping

- Respect one direction arrows in aisles
- Stay 6 feet away from others
- Shop with your eyes, not your hands
- Avoid high touch surfaces
- Check for wipes at the entrance and sanitize your cart or basket



Leaving the Store

- When you leave the store, use hand sanitizer and immediately wash your hands when you get home.
- Remember to wash your hands for at least 20 seconds with soap and warm water.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>