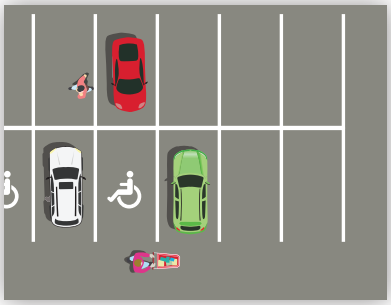
State of Illinois
Illinois Department of Public Health

COVID-19 Guidance for Grocery Shopping

Stay home if you are sick.

Consider food or meal delivery; have family or friends shop for you.

Go shopping at a time that's less busy.



Keep social distance while in the store
(6-feet or two arms-length from other shoppers and grocery store staff).

Use sanitizing wipes to clean and disinfect carts and shopping baskets.

Bring a germicide to wipe your hands before and after shopping.

Use tap and pay or credit/debit cards for purchases to reduce the risk of transmission through money.

Use self-checkout lanes where possible to limit contact with employees.

Use curbside pickup or grocery delivery services.

Don't use reusable bags.

When you return home, wash your hands after handling packages and when finished putting items away.

IDPH
Illinois Department of Public Health

Questions about COVID-19?
Call 1-800-889-3931 or email dph.sick@illinois.gov
Illinois Department of Public Health - www.dph.illinois.gov

Printed by Authority of the State of Illinois • 4/1/20 IOCI 20-673