

# STAYING HEALTHY IN THE GROCERY STORE



Cover your mouth  
and nose with a  
cloth face mask!



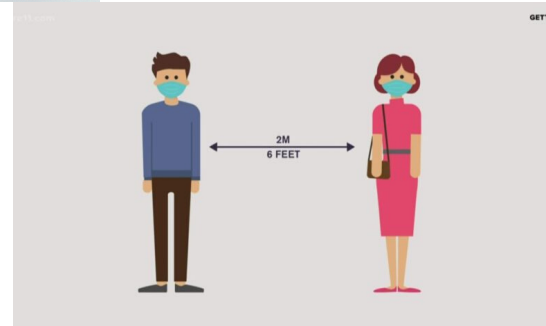
Wash hands with soap and  
water for at least 20 seconds  
before and after trips to the  
grocery store.



Use disinfectant wipes  
to wipe down surfaces  
before use, such as  
shopping carts.



Stay home if  
you are feeling  
sick!



Use hand sanitizer  
often, especially  
after paying and  
leaving the store



Practice social  
distancing! Stay at  
least 6 feet away from  
others

Information obtained  
from  
[www.cdc.gov](http://www.cdc.gov)