



State of Illinois
Illinois Department of Public Health

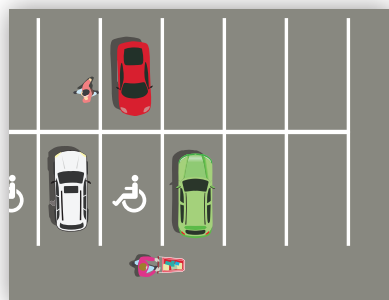
COVID-19 Guidance for Grocery Shopping

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.

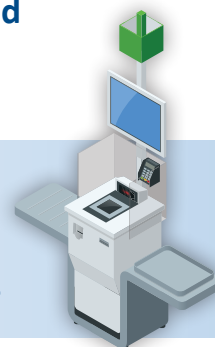


Bring a germicide to wipe
your hands before and
after shopping.

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.

