

## Essential Shopping

### **Should I wear gloves while grocery shopping?**

Latex gloves are not recommended to wear when grocery shopping. Handwashing is recommended. Wash your hands before leaving your home, after leaving the store, and again when you get home. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

### **Do you have any other safe grocery shopping tips?**

- Avoid crowds
- Make a list and shop quickly
- Shop alone, don't bring the family
- Wear a face covering
- Sanitize carts and hands, before and after shopping
- Give the cashier some space or use the self-check out
- Choose no-touch payment when you can
- If you are anxious about grocery shopping, select the pick-up option at your grocery store instead of going inside and doing the shop