



COVID-19: Stay Safe While Grocery Shopping

March 30, 2020

Oregonians are being told to stay home from work, practice social distancing, and steer clear of crowded places as we work to slow the spread of COVID-19 in our communities. What should you do if you need to run an essential errand such as grocery shopping or visiting the pharmacy?

Here are a few tips to help ensure a safe shopping experience for everyone:

- Come prepared with a shopping list. Inventory what you have on-hand to make sure you don't forget anything and need to make repeat trips to the store.
- Wash or disinfect your reusable grocery bags after each use. For your safety, some grocers ask that you bag your own groceries if using reusable bags, while others have decided to temporarily not allow reusable bags in their stores.
- Help reduce store crowding. Don't bring extra people on your visit to the store if at all possible.
- Practice social distancing within the store. The CDC guideline is 6-feet – the safe distance to help prevent the spread of COVID-19. An average grocery cart is 3-feet long, so keep a distance of two grocery carts between you and others.
- Inspect produce with your eyes, not your hands. To avoid unnecessary handling of fruits and vegetables use a produce bag to make your selection.
- Avoid unnecessary handling of all items in store. Try not to pick up cans or boxes or other products unless you plan to buy. Let your eyes guide your choice.
- Don't crowd the check stand:
 - Keep your distance from the person in front of you. As a courtesy, some grocers have marked the floors in and around the checkout area to assist you in keeping a safe distance.
 - Wait until the customer in front of you has finished collecting their groceries before unloading your groceries at the check stand.

- Be aware of your store's special hours or procedures. Many grocers are offering special shopping hours exclusively for older adults or other vulnerable populations. Check out your store's website or call in advance.
- Allow for extra time. Some stores are queuing customers outside their main entrance to reduce crowding within the store.

The Oregon Health Authority (OHA) has comprehensive information on their website including fact sheets and information about the number of persons under monitoring or investigation. You may also [sign-up for regular email updates](#) to keep informed of the latest developments in Oregon.

Please visit the Marion County's [COVID-19](#) for additional information and links to both OHA and the CDC. For general information about the COVID-19, please call 2-1-1.