

Rules for Shopping in a Safe and Healthy Manner

Follow these tips from the CDC guidelines and information from local grocery stores to keep yourself safe, and to protect employees and other customers while shopping.

Before You Shop:

- Consider switching to grocery delivery or pick-up services.
- Stay home if you are sick in any way.
- Limit trips. Do not go to the store for one or two items
- Make a list.
- Shop during non-prime times.
- If you are a senior or high risk, shop during special allotted times.
- If you are **NOT** a senior or high risk, do **NOT** shop during those special allotted times.
- Limit shopping to one household member.
- Leave re-useable bags at home.

At the Store:

- Wear a mask that covers your mouth and nose.
- Use hand sanitizer when entering the store.
- Bring your own sanitizing wipes for carts, etc.
- Avoid touching items and surfaces unnecessarily.
- Do **NOT** touch produce you do not intend to purchase.
- Do **NOT** hoard grocery items.
- Maintain a 6-foot distance between yourself and other shoppers and staff.
- Pay with a debit or credit card instead of cash.
- Use hand sanitizer or wash your hands as soon as you leave the store.

The following local stores offer special allotted times for seniors:

Food Center – Wednesday, 6-9 a.m.

Family Market – Thursday, 6-8 a.m.

Dollar General – Everyday, 8-9 a.m.

Dollar Tree – Everyday, 9-10 a.m.

Walgreens – Tuesday, 8-9 a.m.

Walmart – Tuesday, 6-7 a.m.

Please use the following link to receive helpful information from the CDC on running essential errands:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>