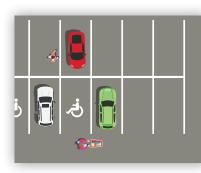
## State of Illinois COVID-19 Illinois Department of Public Health COVID-19 Guidance for Grocery Shopping

## Stay home if you are sick.

Consider food or meal delivery; have family or friends shop for you.





**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.



WIPES

Use curbside pickup or grocery delivery services.



Don't use reusable bags.

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When you return home, wash your hands after handling packages and when finished putting items away.



Questions about COVID-19? Call 1-800-889-3931 or email dph.sick@illinois.gov Illinois Department of Public Health - www.dph.illinois.gov

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