



## **FOUR SIMPLE GUIDELINES FOR GROCERY SHOPPERS DURING THE COVID-19 PANDEMIC**

### **1) THERE IS NO NEED TO HOARD MERCHANDISE**

Federal, State, and Local governments are working with the industries that provide your food and essential goods to keep your grocery store open and stocked. The Covid-19 virus is not like a natural disaster that could immobilize trucks, or threaten water supplies. Everyone should shop to have an adequate supply of food and essential products, but there is no need to hoard supplies to be safe. Remember your neighbor behind you in line, they need toilet paper too!

### **2) SOCIAL DISTANCING WITH OTHER CUSTOMERS**

At doors, in aisles, and in line, remember to take a step back and allow 3 to 6 feet of distance between you and your fellow customers. According to the CDC this is one of the most effective ways to prevent transmission. Think of it as seeing that person you've been avoiding, but without the hostility.

### **3) LIMITING CONTACT WITH STORE EMPLOYEES**

Our employees are a critical link to your food supply. Please do the following to keep them as healthy as possible:

- ✓ Observe social distancing the best you can with department personnel and your clerk when checking out
- ✓ Use self-checkout stations whenever available. Ask for a cleaning or use a sanitation wipe before each use
- ✓ Bag your own groceries to mitigate the number of touches your bags and merchandise receive

### **4) SENIOR AND IMMUNE-COMPROMISED POPULATION ASSISTANCE**

Some grocers are offering special morning hours for senior and immune compromised populations to shop. By coming early these population will have the advantage of overnight stocking, smaller crowds, and the first to enter after an overnight deep cleaning. Your help in respecting this time is appreciated.

Do you know a senior or immune compromised individual? Offer to do their shopping or help them navigate home delivery, even if it's a neighbor you haven't talked to in a while.

**THANK YOU FOR YOUR HELP IN KEEPING YOUR GROCERIES SAFE AND PLENTIFUL!**

Contact: Joe Gilliam [joe@nwgrocery.org](mailto:joe@nwgrocery.org); 503-685-6293