



# Tips for Shopping

## During COVID-19

*Ensuring the health and safety of our clients, families, and staff is of the utmost importance to us. We are closely monitoring the evolving COVID-19 situation and work to align our response with federal, state, and local efforts.*



Concord Regional VNA strives to provide our clients, families, and staff with the latest information and guidelines regarding on how to prevent infection. Below are recommendations that include tips from the Centers for Disease Control and Prevention (CDC):

- Disinfect shopping cart or basket with wipes
- Try to touch as few things as possible in the store
- Avoid touching your nose, face, and mouth
- Use hand sanitizer after touching surfaces
- Maintain 6 feet distance from others
- Maintain distance from cashier
- If using credit card/debit card wipe clean both before and after use
- If using cash; hand hygiene immediately after handling it
- Use self-service whenever possible
- Use hand sanitizer as soon as you leave store
- Wash hands with soap and water as soon as you can

The CDC also does not recommend wiping down grocery items at home. Wash fruits and vegetables like you normally would. Once you have unpacked groceries, you should clean your hands again, then clean kitchen surfaces, including countertops, cabinet handles, and light switches.