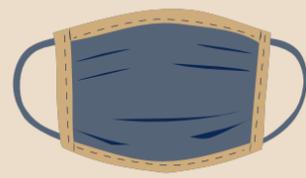


SHOPPING FOR GROCERIES AND OTHER ESSENTIAL ITEMS DURING COVID-19



Only go out for essentials

Try to limit how many times you have to go out and only go out for the necessary items like groceries or prescriptions. If possible, have only one person go pick up the groceries.



Don't spread germs

If you are not feeling well stay home.

If you are feeling well, you should still cover your mouth and nose when you cough or sneeze. Use a tissue, the inside of your elbow, or wear a cloth face covering.



Be careful what you touch

Disinfect cart and basket handles with disinfectant wipes before you use them.



Practice social distancing

Try to stay at least six feet away from other people while there, including in the checkout line.



Be fair and please share

Buy what you need - don't stockpile. Stockpiling can make it so other people can't get items they need.



Wash your hands

Don't forget to wash your hands with soap and water afterwards.

Visit our websites for more information:

schuylercounty.us/publichealth

or

yatescounty.org/211/Public-Health



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