Stay home if you are sick.
Consider food or meal delivery; have family or friends shop for you.

Go shopping at a time that’s less busy.

Use sanitizing wipes to clean and disinfect carts and shopping baskets.

Keep social distance while in the store (6-feet or two arms-length from other shoppers and grocery store staff).

Bring a germicide to wipe your hands before and after shopping.

Use self-checkout lanes where possible to limit contact with employees.

Use curbside pickup or grocery delivery services.

Don’t use reusable bags.

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