



## **Coronavirus Disease 2019 (COVID-19)**

### **Consumer Essential Shopping Guidance**

Food provides must needed nourishment and is also a source of comfort, especially now during the COVID-19 pandemic. Currently there is no evidence that COVID-19 is transmitted through food or food packaging, however following this guidance will help maximize your safety while shopping for yourself and your loved ones.

#### **Before and During Shopping**

- Plan to purchase 1 to 2 weeks-worth of groceries during your visit.
- Prepare a shopping list in advance to know what you need to purchase and do not linger in the aisles while shopping.
- Shop at a store where you are familiar with the layout to reduce the time you are inside.
- Carry your own wipes, or use ones provided by the store to wipe down shopping cart or basket handles.
- Leave your reusable bags at home – they currently cannot be used in NH.
- Have only 1 family member do the shopping to limit any potential exposures. This will also help reduce aisle congestion and allow room for others to maintain proper social distancing while shopping.
- Wear a face covering or cloth mask while shopping.
  - If everyone is wearing a mask we can maximize our protection from each other.
- Avoid touching your eyes, nose, and mouth.
- Look for floor markings that may indicate one way traffic flow down aisles or markings at registers to increase social distancing.
- Remain 6 feet (the length of 2 shopping carts) away from other shoppers while shopping and at the register.

#### **Returning Home**

- Wash your hands with warm water and soap for at least 20 seconds when you return home and once again after you put away your groceries.
- Before eating, rinse all fruits and vegetables under running tap water. For firm produce, scrub with a clean produce brush.
- Clean the lids of canned good before opening
- Frequently clean and disinfect kitchen counters, tables, and sinks with an EPA registered disinfectant.
- Within 2 hours of purchase, refrigerate or freeze cold and perishable food items such as meats, poultry, eggs, and lettuce.
- Again, there is no evidence of food packaging associated transmission of COVID-19. If you like, for an additional safety measure, you can wipe down product packaging and allow it to air dry.

If you have any questions or would like more information, please call us at 603-589-4530 or visit our website as guidance may change due to the rapidly changing nature of this event.