

# Running Errands During COVID-19

## Shopping for Food and Other Household Essentials



Stay home if you are sick.

Order online or use curbside pickup.

Only visit the grocery store or other stores when absolutely necessary.



Protect yourself while shopping – use face masks, disinfect the shopping cart

Use hand sanitizer after leaving the store.

When you get home, wash your hands.

## Accepting Deliveries and Takeout Orders



Pay online or on the phone when ordering if possible.

Deliveries should be left outside with no person-to-person interaction.

Wash your hands or use hand sanitizer after accepting deliveries or getting the mail.

## Banking



Bank online when possible.

Go to the ATM machine if one is available. Clean and disinfect the ATM keyboard before using it.

Use hand sanitizer when you're done and wash your hands when you get home.

## Getting Gasoline



Clean and disinfect the handles and buttons before getting gas if possible.

Use hand sanitizer after you're done and wash your hands when you get home.

## Going to the doctor or pharmacy



Talk to your doctor or nurse by phone or email if possible. Reschedule as needed

If you must go in person, use protective measures.

Limit in person visits to the pharmacy. Order your prescriptions and use drive-thru windows or curbside services.

### Sources:

WHO: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>

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