

Health Department



Tips for Safe Grocery Shopping During COVID-19



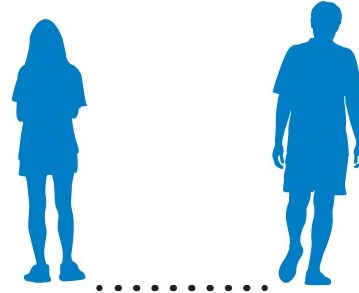
Before Leaving the Home

- Write down a shopping list on paper to avoid touching your phone in the store.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
- **Go alone** to the store to reduce risk to others in the home.
- Go when store is less crowded.
- **Contact store about new hours, and if there are special times for seniors or other groups.**



Before Entering the Store

- **Wear a mask or bandana**, and make sure that it **covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.



When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times**, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.
- Clean your hands with hand sanitizer after paying at the register.



When Entering Home

- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.
- Put empty grocery bags in the trash.
- **Wash hands again after unpacking food.**
- Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

Tips in bold are the most important steps for staying safe from COVID-19 in public.

For more information, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).



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How does COVID-19 affect those who use commercial tobacco products?

The news about the COVID-19 global pandemic has everyone concerned. Those who smoke or vape e-cigarettes, or care about someone who does, may be especially worried because the coronavirus that causes COVID-19 attacks the lungs and could be a particularly serious threat to tobacco users.

While the data are early in terms of the specific impacts of the virus on people using tobacco, there is conclusive evidence that smoking weakens the immune system, increases the risk of infectious diseases and respiratory infections, and is a major cause of chronic health conditions and cancer. The Food and Drug Administration has stated that "people who smoke cigarettes may be at increased risk of infection with the virus that causes COVID-19, and may have worse outcomes from COVID-19." There is also growing evidence that vaping can harm lung health.

Smokeless tobacco products

Although all tobacco products are not inhaled into the lungs and cause lung specific issues, those that are not inhaled still have ingredients that can cause health problems. Smokeless commercial tobacco products can cause the immune system to weaken, increase risk of disease, chronic health conditions and cancer.

How can I get help and support

Although it may be a little more difficult to see provider during the pandemic, you still have plenty of resources out there. There are many apps that are easily accessible on Google Play and the App Store. These can help keep you on the right track, but if you are looking for Nicotine Replacement Therapy, I suggest calling our Free Commercial Tobacco Quitline. This is a great resource and does not cost a single penny. Simply call the number provided below, press "7" if you want to access our Native Quitline. They can help set you up with Nicotine Replacement Therapy such as Nicotine Gum and/or Nicotine Patches and can talk personally with a quit coach who can help guide you to a commercial tobacco-free life.

Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-7848-663