

# **SHOPPING TIPS TO KEEP YOU AND ESSENTIAL EMPLOYEES SAFE**

## **BEFORE YOU GO**

**1 Plan to shop as infrequently as possible, ideally once a week**

**2 Leave children at home, and have 1 designated shopper per household**

**3 Stay home if you have flu-like symptoms**  
• **Fever, cough, or shortness of breath**

**4 Leave reusable bags at home**

## **WHILE YOU SHOP**

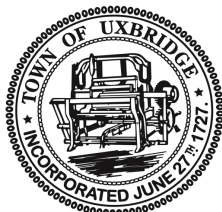
**5 Maintain 6-feet from employees and other shoppers**

**6 Wipe down shopping carts and surfaces after use with alcohol-based hand sanitizers or disinfecting wipe**

**7 Minimize contact time with high-touch surfaces**  
• **Door handles, handrails, cell phones**

**8 Wear a cloth face mask**

**9 Pay with cash only when absolutely necessary**



Uxbridge Board of Health  
508-278-8600 ext. 8  
boh@uxbridge-ma.gov

