



Most grocery stores have disinfectant wipes that allow customers to clean the grocery cart before entering the store. If there is a dispenser for hand sanitizer — use it.

The virus is thought to spread mainly from person to person, especially between people who are within about 6 feet. Be courteous in the aisles, wait for fellow shoppers to move out of the way. Once you've put your groceries on the conveyor belt, stand back and let the checker and bagger do their jobs.



Keep your reusable bags at home for now. Use the plastic bags provided by the store and dispose of them when you get home.

Avoid touching your mouth, nose or eyes until you have been able to sanitize or wash your hands to prevent the spread of the virus.



After putting away packaged items, wash your hands for at least 20 seconds with soap and water.

The recommendation for washing fruits and vegetables has not changed because of the coronavirus. Wash lettuces and leafy greens in cool water; use a scrub brush on rough textured produce like potatoes, cantaloupes and carrots. It is not necessary to use special rinse solutions.



While hand-washing is great, it can't hurt to wipe cans, bottles, boxes and other containers with a soapy cloth before you put the items away. Once all your groceries are put away, sanitize the counter; the doorknobs your phone; your purse — anything you've touched since returning!

Stores are out of many other sanitizing products but good old soap and water are just as effective! Although, if you want to bring your sanitation up a notch, add a small amount of bleach to the water. A little goes a long way: about 1 teaspoon per cup.

