# Getting Food Safely From the Grocery Store

**Before**
- Wear a face mask/ cloth face covering
- Wash your hands after touching face
- Do not touch eyes, nose and mouth

**During**
- Sanitize hands
- Wear gloves
- 6 feet distance from others
- Follow stores guidelines
- Do not touch unnecessary surfaces or items
- Do NOT touch your mouth, nose or face- even if wearing gloves

**After**
- Sanitize purchased items & cellphone
- Rinse fruits & veggies, run under water & scrub
- Wash hands for 20 seconds

Other ways to get food:  Grocery delivery options  Takeout/ delivery food options

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More information:
- How to Protect Yourself- CDC Guidance
- Food safety resources
- FAQ Food Questions