

HOW TO STAY SAFE SHOPPING FOR GROCERIES & RECEIVING DELIVERIES:

(excerpted from STAYING SAFE IN ST. LOUIS DURING THE COVID-19 PANDEMIC: WHAT TO DO, HOW TO DO IT, & WHY YOU SHOULD DO IT !! By Drs Tessa & Morey Gardner)

3/26/2020

Basic Principles of staying safe - protecting yourself and others during pandemic spread of COVID-19:

- 1) Stay 6 feet away from everyone except the people you live with in your home.
- 2) Regard everything outside of your home, car, and personal work space/office as contaminated with virus.
- 3) Sanitize your hands with 62-70% alcohol hand scrub for 20 seconds before entering your home, car, and office, before touching your T-Zone (eyes, nose, mouth) and frequently throughout the day whenever you touch anything outside, or after touching anything that you have brought inside and have not yet sanitized.
- 4) Do NOT touch your face or T-Zone when out of your home without sanitizing your hands first.
- 5) Maintain the interior of your home, car, and office as clean, safe zones, by sanitizing your hands on entering and before you touch anything inside, removing your outside shoes or leaving them outside, sanitizing your exterior door knobs (inside and inside), sanitizing everything you bring in using Clorox/Lysol wipes (or other alkyl dimethyl benzl ammonium chloride wipes) or by placing them in quarantine for 1 day (paper, cardboard) or 3 days (plastic/metal), including mail, packages, and groceries. If your clothes have been in contact with outside objects, change your clothes and wash them. Don't allow anyone who doesn't live with you into your home. If they must come in (such as workmen), prescreen them real-time by phone to make sure they haven't been ill in the past 2 weeks, keep 6 ft away, limit conversation, ask them to remove shoes outside, sanitize everything they touch.
- 6) Cover your coughs or sneezes with the bend of your elbow or with a clean tissue. Then discard your tissue and sanitize your hands with alcohol hand scrub or wash with soap and water.

Staying Safe buying Groceries and other items from stores or delivered to your door:

(Please review the Basic Principles above before continuing below)

- 1) A reminder: Assume everything you touch outside your home could be contaminated, so don't touch your face or anything else that you don't want to contaminate until you first sanitize your hands.
- 2) Use curbside store pick-up or delivery services such as Amazon, AmazonPrime/Whole Foods, InstaCart (they deliver from Sams, Schnucks, many other places), Medicine Shoppe Pharmacy, Walgreens Delivery, etc. if possible. Do not greet the delivery people at your door, and wait for a few minutes after they leave to bring in your deliveries.
- 3) If you have to go to a store, go at the least crowded time, such as when store first opens in the morning, and try to shop as quickly and efficiently as possible. For those volunteers who are shopping for others we recommend shopping for a maximum of 2 families at a time to reduce

the time you spend in the store. Keep a distance of 6 ft from everyone. If you anticipate a crowded store then consider using a good properly fitted surgical mask (that protects from droplets) or N95 mask (that protects from aerosols). You could wear glasses-sunglasses-industrial safety glasses to guard against droplets but this is not needed if a distance of 6 feet is maintained. Don't discard your mask, as they are in short supply, just put it into a quart ziploc bag so you can reuse it (label one side of the bag "outside of mask/dirty" and have the outside of the mask always face that side).

- 4) When shopping presume everything is contaminated and don't touch your T-zone (eyes, nose, mouth) unless you sanitize your hands first. Remember to either sanitize your hands before using your phone while shopping, or sanitize your phone with a wipe before you put it away.
- 5) Do self check-out if check-out lines are crowded. If you use a touch screen sanitize your hands afterward. If you use a credit card sanitize it and your hands before putting it away.
- 6) Use paper bags or washable cloth bags (then put directly into washing machine and dry in dryer). Virus seems to remain infectious longer on plastic.
- 7) After loading items into your car trunk, close trunk and sanitize hands and trunk button/handle. If you used your phone in the store, use a wipe to sanitize your phone, ideally before you bring it into your car.
- 8) If you touched your car door latch, car keys or steering wheel accidentally with unsanitized hands, sanitize them with Clorox/Lysol wipes.
- 9) Once home, or if you are bringing in groceries delivered to your door, take your groceries/items out of the bags one item at a time, clean each item, and place it on a clean countertop. Use Clorox/Lysol wipes for plastic tubs, plastic fruit/veggie containers, plastic bags of frozen veggies, bottles, jars, cans, boxed food, etc and use soap and water for unpackaged fruits/veggies. Get a new wipe when it starts to dry out. Wash your hands with soap/water for 20 seconds after doing all this.
- 10) Sanitize your sink faucets, soap dispenser, door knobs (inside and outside) if you touched them with unsanitized hands, and sanitize your sink after washing fruits/veggies. Basically, make sure that everything inside your personal spaces (home, car, office) remains free of virus contamination.
- 11) If dropping off groceries for a relative or friend, carry them to the door, and ring the doorbell (remember to sanitize with alcohol hand scrub) or call them from your cell phone. Move 6 feet away from the door to speak with them if they come to the door. If you need to carry the groceries in, be sure to sanitize your hands before you go in and after you leave. Stay 6 feet away from individuals in the house. If they are in quarantine, do not enter the house unless absolutely necessary. If you must enter, they should not be in the same room and, ideally, you should wear an N95 or surgical mask before entering. Get a separate credit card receipt for each family you buy for, and phone the amount to the family real-time when you are on your way to deliver the groceries. Reimbursement for purchases should be arranged using electronic person-to-person payment services such as PayPal, Zelle, Venmo, ApplePayCash, etc, which charge no fees for person-to-person money payments. If not possible, a check in an envelope can be left outside the door by the family for you to get when you drop off the groceries. Put the envelope away in a paper bag and don't touch it for 24 hours. Sanitize your hands after touching the envelope.