

# Running Essential Errands during a Public Health Crisis



Many are facing new challenges and questions about how to meet basic household needs, such as securing groceries and medicine. Following these CDC recommendations can help protect yourself and others while navigating essential tasks.

- 1 Stay home if sick:** If you have a fever, cough, or shortness of breath, avoid community spaces.
- 2 Order online or use curbside pickup:** If possible, take advantage of online grocery delivery and only visit essential stores in person when you absolutely need to. If going to the store is unavoidable, try to go during hours when less people will be there (for example, early morning or late night).
- 3 Disinfect:** Use available disinfecting wipes or bring your own to disinfect your shopping cart or basket handle. When leaving the store, immediately use hand sanitizer and wash your hands upon returning home.
- 4 Touchless Payment:** If possible, use a pay method that does not require touching money, a card, or a keypad. If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.