

GETTING GROCERIES, *Protecting Workers*

How Customers Can Reduce Coronavirus-Related
Risks to Food Retail & Delivery Workers



BUSINESS UNUSUAL

ADDRESSING ESSENTIAL WORKERS' NEEDS
DURING & AFTER THE COVID-19 PANDEMIC

a collaboration between
the Johns Hopkins Berman Institute of Bioethics &
the University of Colorado Boulder

prepared by Nicole Civita, JD LL.M.

COVID-19 Grocery Shopping Tips

Shop Strategically

- If your schedule is flexible, shop when stores are not crowded
- Shop alone (unless you require assistance)
- If you have access to childcare, avoid bringing young children into the store

Shop Safely

- Always maintain at least a six-foot distance from others
- Wear a cloth mask or face covering
 - Put your mask on before leaving the house (with clean hands)
 - Do not touch your mask again until you return home
 - Wash your mask between uses
- Practice proper hand hygiene & bring sanitizer
- Wipe down carts before and after use
- Respect store guidelines, distance markings, & safety barriers

Shop Deliberately

- Don't rush – it can make you less careful
- But also, don't wander aimlessly – have a plan & execute it
- Write your list on a piece of paper that can be discarded
 - Avoid repeatedly unlocking & checking your phone
- Handle only things you plan to buy

Shop Infrequently

- Minimize the number of trips you make to the store
- If you can afford to, buy enough for two weeks
- Work with what you have; don't run out for a missing ingredient

Shop Considerately

- Respect store employees
- Thank food retail workers for role in keeping the rest of us fed
- Assist others: If you are healthy/low risk, consider shopping for a more vulnerable neighbor or friend

