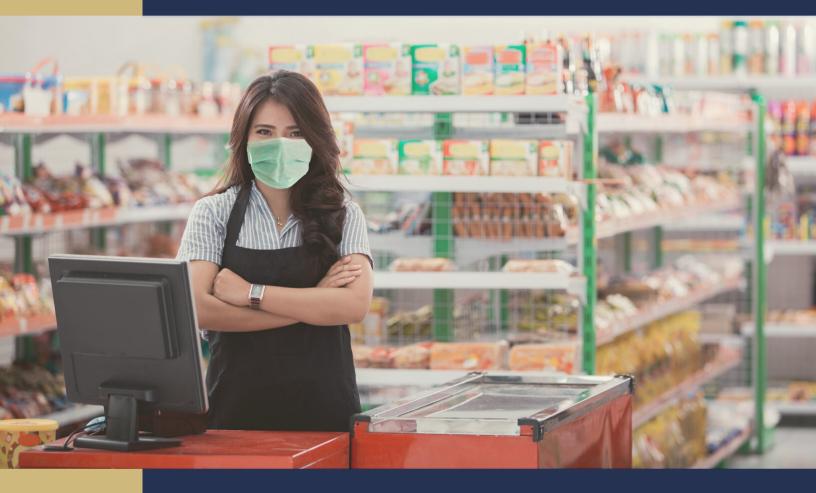


How Customers Can Reduce Coronavirus-Related Risks to Food Retail & Delivery Workers



# **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

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# **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

https://bit.ly/essential-worker-ethics