

Running Essential Errands

The following information provides advice from the CDC about how to meet household needs in a safe and healthy manner.

Shopping for Groceries and Essentials



- Stay home if you are sick.
- Order on-line or use curbside pick-up

While Shopping:

- Stay at least 6 feet from shoppers and while in lines
- Cover your face and nose with a cloth face covering
- Don't shop during peak hours. Find out if they have special hours for high risk people
- Disinfect the shopping cart handle
- Use hand sanitizer after paying whether with cash, card, or keypad
- After shopping use hand sanitizer. Wash your hands when you get home.
- There is no evidence yet that food or food packaging has been linked to getting sick with COVID-19.

Accepting Deliveries and Take-out



Limit in person contact

- Pay online or on the phone when you order if possible.
- Ask for deliveries to be left in a safe spot outside of your house if possible, otherwise stay at least 6 feet from the delivery person.
- After collecting mail or take-out, wash your hands.

Banking



Bank online whenever possible

- Use the drive through ATM if possible. Use disinfectant wipe on keyboard.
- Use hand sanitizer afterwards, and wash hands once home.

Doctor and Pharmacist

Use the phone or telemedicine to talk with your doctor or pharmacist



- Ask for your doctor's guidance about in person visits when necessary.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, mail-order, or other delivery services.
- See if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.



Public Health
Prevent. Promote. Protect.

**West Windsor
Health Department
609-936-8400**