

Grocery Shopping Tips for COVID-19



Public Health
Prevent. Promote. Protect.

Wellesley Health Department

Unlike foodborne gastrointestinal (GI) viruses like norovirus and hepatitis A that often make people ill through contaminated food, COVID-19 is a virus that causes respiratory illness. **Foodborne exposure to this virus is not known to be a route of transmission.**

There is currently no evidence to support the transmission of COVID-19 associated with food or food packaging. Additionally, facilities are required to control any risks that might be associated with workers who are ill regardless of the type of virus or bacteria.

COVID-19 is mainly spread through droplets when an infected person coughs or sneezes. **The key in reducing COVID-19 exposure is minimizing person-to-person contact by maintaining social distancing.**

What you need to know

- Stay home if sick.
- Use online services when available.
- Wear masks in public settings.
- Stay at least 6 feet away from others while shopping and in lines.
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.



Shop Smart



- If you are at [higher risk for](#) severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Limit the amount of surfaces you touch.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Minimize the amount of trips to the store.
- Be efficient. Make a grocery list prior to your trip to help reduce your time in the store.
- If possible, use touchless payment. If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.