



Disinfect Your Grocery Items

Here's how you can keep your family safe before and after grocery shopping.

Before you go

- Write your grocery list on paper (*include essentials needed for seven days*)
- Pack wipes/hand sanitiser
- Wear clothing which can be washed in high heat
- Have ID and credit/debit cards readily available
- Avoid using cash



While you are shopping

- Park away from the entrance
- Practice social distancing (*stay six feet away from others*)
- Wipe down cart/basket handles. Use wipes/hand sanitiser as needed
- Only touch items you plan on buying
- Avoid cell phone use in the store
- Avoid touching your face
- Place grocery bags in the car trunk
- Use hand sanitiser
- Wipe down door handles, steering wheel and gear shift

When you get home

- Remove shoes outside
- Remove clothing, place in heated wash cycle
- Unload groceries in one area
- Discard unnecessary packaging (*cereal boxes, produce bags etc.*)
- Wipe down all items (*cans, boxes, bottles, jars, frozen foods and bread bags*) with a disinfectant or soap, water and bleach mixture
- Wash fruits and vegetables (*with soap*) for at least 20 seconds
- Wash hands thoroughly for 20 seconds
- Pack away groceries as normal
- Wipe down, handbag or wallet, cell phone, credit/debit card, doorknobs, faucets and counter tops
- Mop and disinfect floors

