

COVID-19 Checklist for Essential Activities

Protecting Against COVID-19 While Grocery Shopping

With Ohio's Stay at Home order in place, Ohioans are required to stay home unless performing an essential activity. Some approved activities include leaving the house for food, groceries, or prescriptions. It is important that Ohioans still act as safely as possible while performing these activities to help us flatten the curve.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that Ohioans take the following actions when leaving the house to grocery shop or make other essential trips out of the house:

- Limit the amount of people leaving the house to as few people as possible. Ideally only one person would leave the house to go to the grocery store or pharmacy.
- Practice social distancing at all times while out of the house or around others. Stay at least six feet away from others, even when standing in lines or aisles at the grocery store.
 - Try to keep your trip quick- don't stop and chat.
 - Don't hug others or shake hands.
 - Respect the store's preset number for maximum customers in the store at once. While waiting to enter, remember to stand six feet away from others who are also waiting to enter.
- If you have it available, carry hand sanitizer with you while you are out of the house and use it after each time you touch public or high-touch areas. Also, consider taking down sanitizing wipes to clean any surfaces you have to touch.
 - If possible, pay with a debit or credit card to limit handling cash.
- Try to consolidate your errands so that you only have to take one trip and can stay home more often to reduce your exposure to others. Use pick up options (like Clicklist or other store-specific options) so that you can stay in your car at the store.
 - Talk to your healthcare provider about possibly getting extra prescriptions in one stop, instead of going every week or month.
 - Stock up on common household items and over the counter medications so you don't need to return for more regularly.

- Remember to practice standards precautions whether you are at home, or at the store:
 - Practice social distancing and stay home if you are sick or experiencing symptoms.
 - Wash hands often with water and soap for at least 20 seconds, including after you return from errands.
 - Cover your mouth with a tissue or sleeve when you cough or sneeze.
 - Practice good hygiene habits regularly.
 - Try not to touch high-touch areas in public to reduce your risk of infection.

- Stores have been ordered to perform the following activities to help prevent the spread of infection:
 - Determine and enforce the maximum capacity of persons permitted in any store so that all persons in a store at any one time may safely and comfortably maintain a six-foot distance from each other. This number will vary for each store.
 - Every store shall prominently display at every entrance the maximum capacity number.
 - Every store shall ensure that baskets, shopping carts and the like are properly cleaned between customers.
 - If a line is present either inside or outside the store, a six-foot distance shall be maintained between those not residing in the same household.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

Additional resources:

COVID-19 Shopping Checklist: <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home/covid-19-checklists/shopping-checklist-covid-19-checklist>

Ariadne Labs: Importance of Social Distancing: <https://www.ariadnelabs.org/resources/articles/news/social-distancing-this-is-not-a-snow-day/>

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

Protect yourself and others from
COVID-19 by taking these precautions.

PREVENTION

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STAY HOME



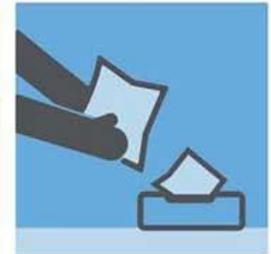
PRACTICE
SOCIAL
DISTANCING



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov