



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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Considerations for Shopping & Running Errands



1. **Prepare a list in advance.** This can help reduce the amount of time spent in the store as well as ensure you get all the items you need.

a. Try to run your errands during hours where fewer people will be out or in the store(s).

2. **Call the store(s)** to see if they have limits on the number of people that can be in the store, special hours, parking lot/drive thru pick-up, call ahead or order ahead options, or free delivery.



3. **Try to shop alone.** Don't bring the whole family. This helps to reduce the number of people in the store. This can also help to reduce your family's exposure.

a. **Vulnerable populations.** Ask friends, family, and neighbors for assistance, such as running errands for you, picking up food or medicine, etc.

5. **Use disinfecting wipes to clean off the shopping carts, handles, and gas pumps.**

a. While shopping, try to touch only what you plan to buy.



6. **Wear a face covering or mask.** The Centers for Disease Control and Prevention (CDC) recommends wearing a [face covering](#) when out in public.

7. **Practice physical distancing.** Maintain at least 6 feet (about 2 shopping cart lengths) from other people. Remember don't touch your eyes, nose, or mouth.



8. **Use hand sanitizer when you leave the store.** When you get home, **wash your hands with soap and water for at least 20 seconds.**

9. **Put your groceries away, following food safety recommendations.** For example clean produce. Wash your hands again after putting away your groceries.



For more information on running errands visit

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>.
- [Coronavirus pandemic and grocery shopping: No need to wipe down food packaging, FDA says](#)

For more information, visit NIHB's National Tribal COVID-19 Response page at www.nihb.org