

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/essential-goodservices.html>

## Things to Know About Errands

Stay home if you are sick.

Order things online when you can.

Wear a mask to keep everyone safer.

Wear a mask outside of your home.

Wear a mask around other people.

Stay at least 6 feet away from other people.

Stay away from people who are sick.

Wash your hands often.

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if you must.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

## Protect Yourself at the Store

Order food online when you can.

Stay out of stores when you feel sick.

Use hand sanitizer before you go in a store.

Wear a mask if you go to the store.

Keep the mask on your face.

Keep your hands off the mask.

Stay away from the store when it is busy.

Use wipes to disinfect the shopping cart.

Use the bags the store provides.

Ask if you can use your own bags.

Only touch things you want to buy.

Use hand sanitizer right after you pay.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Wash your hands when you get home.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Protect Yourself with Groceries at Home

Put away the groceries when you get home.

Clean the counters after putting the groceries away.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Protect Yourself When Shopping Outside

Stay at least 6 feet away from other people.

Wear a mask.

Keep the mask on your face.

Keep your hands off the mask.

Use hand sanitizer when finished

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Put things away when you get home.

Clean the counters after putting things away.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Use Delivery When You Can

Get food delivered to your home.

Order food online.

Pay for the food online when you can.

Get food delivered using the phone.

Pay for the food on the phone when you can.

Ask for the food to be left outside your home.

The food can be left on the porch.

The food can be left in the lobby.

Watch for the delivery.

Stay at least 6 feet away from the delivery person.

Bring the delivery inside your home.

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Unpack the food.

Wash your hands before you eat.

## Protect Yourself with Meal Kits

Meals and meal kits may arrive late.

Make sure the food is safe to eat.

Make sure the food is 40 degrees or below.

Get help checking the food when needed.

Put the food in the refrigerator or freezer.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Protect Yourself with the Mail

Stay away from people when you get the mail.

Wash your hands after you get the mail.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Bank Online When You Can

Stay out of the bank when you can.

Wear a mask if you must go inside the bank.

Stay at least 6 feet away from other people.

Other people should also wear a mask.

Use the drive thru at the bank.

Use the ATM.

Use wipes to disinfect the buttons.

Use hand sanitizer when done.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Wash your hands with soap and water as soon as you can.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

## Be Safer Getting Gas

Use wipes to disinfect the handle.

Use wipes to disinfect the buttons.

Use hand sanitizer when done.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Wash your hands with soap and water as soon as you can.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.