

Grocery Shopping Safety Tips for Older Adults during COVID-19

1 Don't go out! Family, friends, and neighbors are a great way to get your grocery shopping done without leaving home and being exposed to the virus.

2 Consider delivery Consider delivered meals through programs, or having your groceries and prescriptions delivered. Disinfect deliveries!

3 If you have to go out, take steps to protect yourself:

Wear a face mask. The CDC recommends that you wear a cloth face mask when out in public—you do not need to wear a surgical or N95 mask.

Avoid close contact. (1) Put distance between yourself and other people, experts recommend at least 6 feet. (2) Go during special senior hours

Clean and disinfect at the store. (1) Disinfect anything you touch, the carts, baskets, door handles. (2) Carry hand sanitizer that contains at least 60% alcohol with you

Clean and disinfect when you get home. (1) Wash your hands as soon as you get home with soap and water for at least 20 seconds. (2) Disinfect each item before putting it away; (3) Always avoid touching your eyes, nose, and mouth with unwashed hands

In these uncertain times, everyone needs somebody to LEAN on.

Link to ways to get food and necessities

Explore available services

Ask for help when you need it

Nobody has to do it alone. We're all in this together.

If you are over the age of 60 and need assistance with grocery or meal delivery, call Maryland Access Point at (410) 396-CARE(2273).



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coronavirus.baltimorecity.gov