

Tips for Safe Grocery Shopping During COVID-19

As a kidney patient or a family member, use these tips to protect yourself and your family.



Plan Ahead

- Make a grocery list for what you need to save time while shopping.
- Review the [3-day Emergency Kidney Diet](#). Add any needed items to your list.
- Set aside hand sanitizer, disinfecting wipes, and your mask for your trip.



Stay Safe When You Need to Go Out

- Always wear a mask when going into the grocery store.
 - Avoid anyone who is not wearing a mask or other face covering.
- Visit during less busy hours, like early morning when the store opens.
- Clean reusable shopping bags before each use.
- Stay 6 feet from others in the store, including those who work there or people you know.
- Use disinfectant wipes to clean your cart, if the store has not done it for you.
- Stick to your kidney friendly diet. To manage cravings, decide ahead of time what healthy “treats” you will buy yourself, if any.
- Use touchless payment, if you can. This means there is no contact between your credit card, debit card, or mobile phone and the payment machine. Avoid paying with cash.
- Use hand sanitizer while you shop and when you leave the store.
- Wipe your vehicle steering wheel with a disinfectant after shopping. Make sure the product is safe for use in a car.



Stay Home When Possible

- Use curbside pickup or a service to have your groceries delivered.
- Ask a family member or friend to pick up a few items for you when he/she goes to the grocery store.
 - Wear a face mask when your items are dropped off. Or ask for the items to be left by your front door.



Unpack at Home

- Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Do this:
 - When you come home from the grocery store.
 - After unpacking your groceries.
 - Before preparing or eating food.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of buying.
- Wash your produce right away.
 - Spray your vegetables with one-part white distilled vinegar and one-part water.
- Clean and disinfect your kitchen counters and doorknobs regularly.

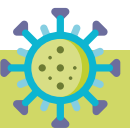


Interested in learning more about staying safe from COVID-19 or flu? Visit:

www.kidneyCOVIDinfocenter.com

www.esrdncc.org/flu

www.cdc.gov/coronavirus



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