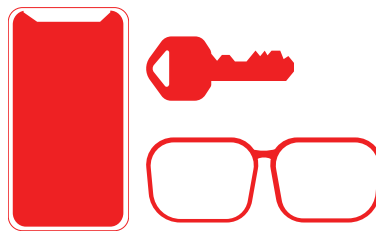


## How do I stay safe from COVID-19 at home?



Sneeze or cough?  
Cover your nose  
and mouth with a  
tissue or use your  
elbow.



Clean personal  
items and frequently  
touched surfaces  
like counters and  
doorknobs daily.



Wash your hands  
often with soap  
and water for at  
least 20 seconds.

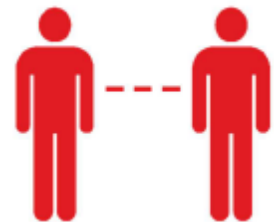
## How do I stay safe from COVID-19 while shopping?



Wear a mask over  
your mouth and  
nose.



Clean your cart and wear gloves.  
When you arrive home, place  
items on the floor and wash your  
hands. Wipe all items before  
putting them away.



Keep at least 6 feet  
between yourself  
and others when in  
public.

### ABOUT

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### SOURCES

CDC, Chicago Department of  
Public Health

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