

# A Grocer or Food Retail Worker Guide Protect And Slow The Spread.



" AS A GROCERY OR FOOD  
RETAIL WORKER, HOW CAN I  
PROTECT MYSELF AND  
SLOW THE SPREAD? "

As a grocery or food retail worker, potential sources of exposures include close contact for prolonged periods of time with a customer with COVID-19 and touching your nose, mouth, or eyes after handling items, cash, or merchandise that customers with COVID-19 have touched. Follow these guidelines below:

- **Notify your supervisor and stay home if having symptoms**
- **Follow CDC-recommended steps if you are sick in consultation with healthcare providers and state and local health departments.**
- **Notify your supervisor if you are well but have a sick family member at home with COVID-19.**
- **Limit close contact with others and maintain a distance of at least 6 feet, when possible.**
- **Remind customers to maintain 6 feet distance from workers and other customers with verbal announcements on the loud speaker and written signage.**
- **Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain**
- **Encourage customers to use touchless payment options, when available.**  
(Minimize handling cash, credit cards, reward cards, and mobile devices, where possible.)
- **When exchanging paper and coin money Do not touch your face afterward.**
- **Clean and disinfect frequently touched surfaces such as workstations, cash registers, payment terminals, etc.**
- **Practice proper hand hygiene. Wash your hands regularly with soap and water for at least 20 seconds.**
- **An alcohol-based hand sanitizer containing at least 60% alcohol can be used, but not as a substitute for cleaning hands with soap and water.**
- **Avoid contact with body fluids.**
- **Do not touch your eyes, nose, or mouth.**
- **Use tissues when you cough, sneeze, or touch your face. Throw used tissues in the trash.**

Source: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/grocery-food>

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