

COVID-19 Shopping Checklist

Top 10 Things To Buy To Prepare for COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH suggests the following household items to prepare for a possible quarantine or isolation due to COVID-19:

- Nonperishable food items like:
 - Canned fruits and vegetables, canned or powdered milk, broths, soup, meat products or fish, beans, stews, and any other canned items your family likes.
 - Snack items like peanut butter, jelly, crackers, nuts, and granola bars.
 - Frozen meals.
 - Baby food or special items your family members may need.
- Water and liquids with electrolytes like Pedialyte or sports drinks.
- Medications for all members of your family, including prescription medications and over the counter medicines like antacids, cough and cold medicines, pain relievers, and vitamins.
- Household items like toothpaste, soaps and shampoos, toilet paper, diapers if necessary, laundry detergent and disinfectant wipes.
- Entertainment items like video games, movies or shows, board games, card, reading materials, and anything else your family could do to stay entertained for extended amounts of time at home.
- Practice social distancing at all times while out of the house or around others. Stay at least six feet away from others, even when standing in lines or aisles at the grocery store.
 - Try to keep your trip quick- don't stop and chat.

- Don't hug others or shake hands.
- Respect the store's preset number for maximum customers in the store at once. While waiting to enter, remember to stand six feet away from others who are also waiting to enter.



Stores have been ordered to perform the following activities to help prevent the spread of infection:

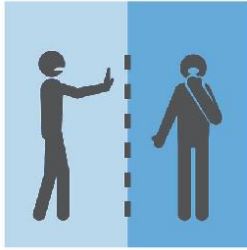
- Determine and enforce the maximum capacity of persons permitted in any store so that all persons in a store at any one time may safely and comfortably maintain a six-foot distance from each other. This number will vary for each store.
- Every store shall prominently display at every entrance the maximum capacity number.
- Every store shall ensure that baskets, shopping carts and the like are properly cleaned between customers.
- If a line is present either inside or outside the store, a six-foot distance shall be maintained between those not residing in the same household.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).



STAY HOME
WHEN YOU ARE
SICK



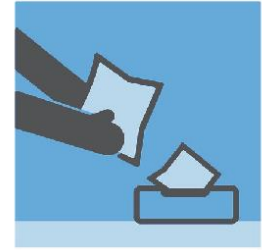
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS