

If You Need To Go Out: How To Stay Safe



Before you leave your home, it is important to check in with yourself and notice how you are feeling. Caregivers are often so busy that it is easy to forget to check in with how you are feeling. Ask yourself: Do I have a cough? Do I have a fever? Is my throat sore? If so, postpone your outing. If symptoms persist please consult your health care professional. Once you have assessed that you are ready to go out, make sure you have your HAND SANITIZER and MASK for your outing. It is also a good idea to make a list of all the items you need to purchase so that you can methodically work your way through the store.

Try and minimize the number of stores you go to and consider streamlining to a store that can serve all your needs. If you need to go to a specialized store or place of business, call ahead and check if they have any special parameters. E.g. some stores require you to wear a mask, some stores will only allow one person at a time, some stores will only accept a debit or credit card.

Check to see which entrances are open, some stores now only have one entrance and one exit, check from the parking lot to see which way people are entering the store. When you get to the store, look carefully to see which carts have been sanitized and are ready for use. If it is unclear, ask a store employee to direct you to the disinfected carts.

When entering the store, look on the floor for arrows. Some stores have directional arrows in green or red taped to the floor. Some aisles allow for two-way traffic and some will only allow you to go in one direction. This may mean that you must go down an aisle that you do not need to go down to get to the next aisle.

To the best of your ability, social distance which means you stay 6 feet apart from other shoppers. If someone is looking at a certain product, wait until they have moved on before you select your item.

When you are ready to pay for your purchases, wait on the allocated markers on the floor (they are often red circles) the checkout clerk will wave you forward, do not place your items on the checkout conveyor until the clerk has given you the go-ahead (some stores will disinfect between shoppers). Once all your items have been scanned and bagged, you can proceed to pay for your order. Remember that debit and credit cards are preferred methods of payment during the Pandemic.

Once you have unloaded your purchases into your vehicle, be sure to return the cart to the correct location. Remember to sanitize your hands before getting back into the car.

Other tips:



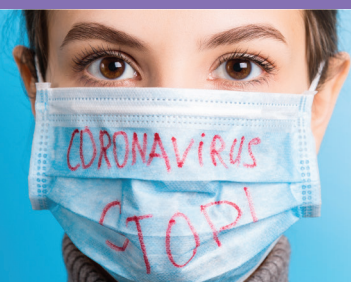
Towns and Cities in the East Kootenays are small and you will most likely see someone you know, try and refrain from talking to them in the grocery store and rather schedule a time to meet outside in the parking lot or on a phone call later. This way you can allow others to shop safely and you are not putting grocery store workers at risk.



Go during non-peak times. If your schedule allows for it, shopping during off-peak times gives greater distance between you and other shoppers. Shopping during off-peak hours when stores are not crowded further reduces your risk of exposure to viruses. Many stores have special hours just for seniors.



If you are concerned about the risk, enquire about online or phone grocery options (see our local community resource listing for more information)



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