

SHOP SAFELY

we're in this together

4 ways to lower COVID-19 risk
for workers where you shop

1. PLAN

- Order items online if possible, especially from local stores.
 - Check store hours ahead of time.
 - Make a list in advance and stick to it to keep trips short.
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2. PROTECT

- Wear a mask or cloth face covering.
 - Bring wipes to disinfect cart or basket handles.
 - If reusable bags are allowed, wash yours before each use.
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3. RESPECT

- Honor designated times for high-risk shoppers.
 - Stay at least 6 feet from others.
 - Follow store instructions for physical distancing.
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4. COMMUNICATE

- If you notice unsafe conditions in a store, speak up.
 - Workers can call Oregon OSHA at 800-922-2689 or file a complaint online [osha.oregon.gov/workers/pages/index.aspx](https://www.osha-slc.gov/workers/pages/index.aspx)
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Source: FDA.gov

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