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.

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.

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

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

Source: FDA.gov

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