



# RIVER FOREST

*Proud Heritage • Bright Future*

## COVID-19 Guidance for Grocery Shopping

The Village of River Forest is committed to partnering with its residents and business community to provide a safe and healthy environment for all. The following guidance is intended to provide recommendations for doing essential shopping, such as at grocery stores.

**If you are an older adult needing services, including help with grocery shopping, please contact the River Forest COVID-19 Senior Response Program at 708-613-1642.**

- ✓ **If you are sick, stay home.**
  - Any member of the community who is exhibiting symptoms such as a fever, cough, or difficulty breathing should stay home and not go to stores.
- ✓ **Stay 6 feet away from others.**
  - Maintain a distance of 6 feet, or about the length of two grocery carts, from others at all times. Doing so at a grocery store may require you to be patient and deliberate in your actions. Consider shopping at non-peak hours and avoiding a grocery store if it is too crowded.
- ✓ **Avoid taking others with you.**
  - If possible, go to the store alone. To help keep distance between people, avoid taking others to the grocery store with you.
- ✓ **Avoid touching your eyes, nose, and mouth.**
  - Do not touch your face, especially with unwashed hands and when you are at a store.
- ✓ **Wash your hands.**
  - Wash your hands as often as possible with soap and water for at least 20 seconds, especially before eating, after blowing your nose, coughing or sneezing and certainly if you have been in a store. If soap and water is not available, use hand sanitizer with at least 60% alcohol.
- ✓ **Cover your cough.**
  - Cover your cough or sneeze with a tissue, elbow, or sleeve – not into your hands.
- ✓ **Clean and disinfect.**
  - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

**Please do not hoard food, water, or other supplies.  
Grocery stores remain open for business. Buy only what you need.**

**Visit [vrf.us/Virus](https://vrf.us/Virus) for more information.**