

COVID-19 Guidance For Older Adult on Grocery Shopping *Updated 3.26.2020*

Older adults and those with underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Older adults and those at high risk should stay home whenever possible. The best way to prevent illness is to avoid being exposed to the virus. Family, friends, and neighbors are a great way to get your grocery shopping done while avoiding crowds and those who could be sick or carrying the disease.

Grocery Shopping Safety Tips for Older Adults during COVID-19:

1. Don't go out:

- a. Family, friends, and neighbors are a great way to get your grocery shopping done without leaving home
- b. Consider Delivery
 - i. Consider delivered meals through programs like Meals
 - ii. Consider having your groceries and prescriptions delivered

2. If you have to go out, **take steps to protect yourself:**

a. Avoid close contact

- i. Put distance between yourself and other people, experts recommend 6 feet
- ii. Go during special senior hours

b. Clean and disinfect at the store

- i. Disinfect anything you touch, the carts, baskets, door handles
- ii. Carry hand sanitizer that contains at least 60% alcohol with you

c. Clean and disinfect when you get home

- i. Wash your hands as soon as you get home with soap and water for at least 20 seconds
- ii. Disinfect each item before putting it away
- iii. Always avoid touching your eyes, nose, and mouth with unwashed hands

If you need assistance with groceries, meals, or delivery, call the Maryland Access Point, who can direct you to special support services for those over 60. In these uncertain times, everyone need somebody to **LEAN** on.

Link to ways to get food and necessities

Explore available services

Ask for help when you need it

Nobody has to do it alone. We're all in this together.

Baltimore City residents 60 years and older can do all this, and more, through Maryland Access Point. Visit marylandaccesspoint.info or call 410-396-CARE(2273).