

COVID-19 Guidance

For Older Adult on Grocery Shopping: In Depth

Updated 5.13.2020

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
 1. Meals on Wheels - 410-558-0827 Intake screenings: Marga Corussi corruzi@mowcm.org. or 443-573-0927
 2. Moveable Feast – 410-327-3420
 - ii. Consider having your groceries and prescriptions delivered
 1. GIANT – PeaPod, 1800-573-2763
 2. Shoppers - <https://www.shoppersfood.com/online-ordering/one-hour-delivery.html>
 3. Safeway – www.Safeway.com
 4. Eddie's Roland Park 410-889-1558 (does not accept EBT)
 5. ShopRite – www.Shop.shoprite.com
 6. Aldi, PriceRite, Giant, Safeway, Shoppers, Harris Teeter, BJs, ShopRite, CVS all deliver through the InstaCart App
 - iii. If you need someone to talk to and help answer questions about delivery, call Maryland Access Point (MAP) at 410-396-2273 (CARE) or email at MAP.BCHD@baltimorecity.gov
2. If you have to go out, **take steps to protect yourself:**
- a. **Avoid close contact**
 - b. **Wear a cloth face mask** over your nose and mouth per Centers for Disease Control guidance. For guidance and instructions on how to make a mask: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
 - i. Put distance between yourself and other people, experts recommend 6 feet

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- ii. Go during special senior hours
 - 1. GIANT - 6am to 7am every day
 - 2. Dollar General - first hour of each day
 - 3. Target - one hour before opening on Wednesday morning
 - 4. Whole Foods - one hour before opening
 - 5. Safeway - 6am to 9am on Tuesdays and Thursdays
 - 6. Haris Teeter - 6am to 7am Monday and Thursday
 - 7. Save-A-Lot - Check your local store for participating times
- c. 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
- d. 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
- e. If you need someone to talk to and help answer questions about getting the food you need, call Maryland Access Point (MAP) at 410-396-2273 (CARE) or email at MAP.BCHD@baltimorecity.gov

Did you know that older adults (60+) are more at risk for COVID-19?
In these uncertain times, even heroes 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 calling 311, who can direct you to special support services for those over 60.