

Best Practices in Public Places

The best way to protect yourself and slow the spread of COVID-19 is to practice social distancing. But when you have to visit a public place like the grocery store or laundromat, wear a mask or face covering and follow these best practices to stay safe.

RWJBarnabas
HEALTH

Let's be healthy together.

For more information about COVID-19 visit, [rwjbh.org/covid19](https://www.rwjbh.org/covid19)



Grocery stores, bodegas, food trucks and take-out restaurants:

- Minimize the number of trips you take. Try to buy enough for a week, if possible.
- Keep your distance while inside. Stay six feet away from other shoppers.
- Wipe down the handles of your grocery cart or basket with a disinfectant wipe, where available.
- Some stores will not allow reusable bags. Only use a reusable bag if you wash it afterwards.
- Wash your hands with soap and water as soon as you return home.

If you are a store owner, limit the number of customers, do what you can keep people six feet apart, and provide disinfectant wipes at the entrance to your store. Make lines with tape so that customers can stand six feet apart while in the checkout line.

Although there is no clear evidence of food, food containers, or food packaging spreading coronavirus, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, so be sure to wash your hands after touching food packaging, before preparing food or eating.



Public Transportation

- Avoid touching shared handholds like bus poles and bench armrests.
- If you absolutely cannot wear a mask or face covering, cover your mouth and nose with a tissue when coughing or sneezing, and then throw away the tissue.
- Wash your hands with soap and water as soon as you return home.



Laundromats

- Wash and dry your clothes fully to ensure cleanliness and kill germs.
- Minimize your time inside the laundromat. Fold your clothes at home, stay outside or in your car while your laundry is in the washer and dryer.
- Avoid touching your eyes, nose or mouth.
- Stay six feet away from other people.
- Wash your hands with soap and water as soon as you return home.



Places of worship

- Avoid large gatherings and group settings.
- Practice alternative methods of worship. Start a phone prayer group or a stream a religious service online.
- Explore online community resources from local faith-based organizations.