



FOR IMMEDIATE RELEASE

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Grocery Shopping Guidance To Thwart The Spread Of COVID-19

WOODSTOCK — The McHenry County Department of Health (MCDH) is advising all to incorporate preventative behaviors when out collecting essential goods.

As cases of COVID-19 are expected to rise over the next few weeks, McHenry County residents are expected to follow the shelter in place order that was recently extended through April and only leave their homes to purchase groceries and pick up prescriptions.

Families are encouraged to plan and designate one person in the home to run necessary errands to reduce the potential for multiple exposures. Those who are sick should isolate themselves from others and not leave isolation until 72 hours after their fever subsides without the aid of a fever reducer.

When traveling outside the home to collect necessary supplies:

- Shop when stores are not as crowded
- Practice “physical” distancing; stay at least six feet away from other people
- Clean and disinfect carts and shopping baskets with your own sanitizing wipes
- Wipe hands with hand sanitizer before and after shopping
- Do not bring/use reusable shopping bags
- Limit contact with employees by using self-checkout
- Use curbside pickup or grocery delivery services if available
- Wash hands after handling packages and when finished putting items away

Get the latest guidance for school, employers and community preparedness by visiting [Preventing COVID-19 Spread in Communities](#) or by visiting mcdh.info. For general questions about COVID-19, call the IDPH hotline at 1-800-889-3931 or email dph.sick@illinois.gov.