



Lincoln County Emergency Operations Center (EOC)

Public Information Hot Topics #3

Shopping Safely for Essentials

Revised: April 13, 2020, 5:00pm

Today's message includes guidance on Shopping Safely for Essentials during the pandemic.

Business Guidance

These recommendations are from the [Centers for Disease Control & Prevention](#) and the [State of Oregon](#)

Oregon has not issued an essential business list. The state, instead, has provided a list of business categories that should STOP OPERATING because the nature of these businesses makes it impossible to adhere to physical distancing protocol (also known as social distancing).

[Executive Order 20-12](#) lists specific categories of businesses that must be closed. Other retail businesses not on that list may continue operating, but only if they can maintain physical distancing protocols. Additionally, Executive Order 20-12 does not apply to grocery stores, health care facilities, medical facilities, and pharmacies, but those facilities are encouraged to comply with physical distancing protocols whenever possible. **Still confused about whether you are allowed to remain open or must close? Take the quiz on this page: <https://govstatus.egov.com/or-covid-19>**

Encourage your employees and customers to....

1. Practice good hygiene
 - Clean hands at the door and schedule regular hand washing reminders
 - Create habits and reminders to avoid touching face and covering coughs and sneezes
 - Disinfect surfaces like doorknobs, tables, desk, and handrails regularly
 - Increase ventilation by opening windows or adjusting air conditioning
2. Be careful with meetings and travel
 - Use videoconferencing for meetings when possible
 - If not possible, hold meetings in open, well-ventilated spaces
3. Handle food carefully
 - Limit food sharing
 - Strengthen health screening of kitchen staff
 - Ensure cafeteria staff and close contacts practice good hygiene
4. Stay home if
 - They are feeling sick
 - They have a sick family member in their home
5. Avoid crowding
 - Use online transactions where possible
 - Consider limiting attendance or shoppers in stores
6. For transportation businesses
 - Keep windows open when possible
 - Increase ventilation
 - Regularly disinfect surfaces

Running Essential Errands

Grocery Shopping, Take-Out, Banking, Getting Gas, and Doctor Visits.

Why gloves won't do much to protect you from COVID-19: <https://youtu.be/Bx1lidaX1qk>

When going out for essential errands:

- Schedule a pickup or delivery if possible, especially if you are at high risk.
- Only go to the grocery store when it is absolutely essential. Do not go out of boredom or wanting to get out of the house.
- Limit your grocery store visits to once per week or less and try to go when there is not a large crowd (early in the morning or late at night).
- Only one person per household should go to the grocery store.
- Make a paper list of what you need and put your phone away while in the store so as not to contaminate it.
- Plan your trip with an idea of the route you will take in the grocery store to help limit the time spent in the building.
- Wash your hands before and after grocery shopping, and after unpacking your groceries at home. Gloves are still not recommended in most cases as they can carry the virus just as your hands can.
- Wear a fabric mask while in the grocery store.
- Wipe down your grocery cart handles with a disinfectant wipe before and after shopping.
- Only touch what you plan to buy.
- Keep a minimum of 6 feet between yourself and others while grocery shopping and in the checkout line. Avoid going down busy aisles until they have cleared.
- If you have a contact-less option to pay, such as Apple Pay, use it.

The information below is provided by the [Northwest Grocery Association via the Oregon Legislature](#)

THERE IS NO NEED TO HOARD MERCHANDISE

Federal, State, and Local governments are working with the industries that provide your food and essential goods to keep your grocery store open and stocked. The Covid-19 virus is not like a natural disaster that could immobilize trucks or threaten water supplies. Everyone should shop to have an adequate supply of food and essential products, but there is no need to hoard supplies to be safe. Remember your neighbor behind you in line, they need toilet paper too!

PHYSICAL DISTANCING WITH OTHER CUSTOMERS

At doors, in aisles, and in line, remember to take a step back and allow at least 6 feet of distance between you and your fellow customers. According to the CDC this is one of the most effective ways to prevent transmission. Think of it as seeing that person you've been avoiding, but without the hostility.

LIMITING CONTACT WITH STORE EMPLOYEES

Grocery store employees are a critical link to your food supply. Please do the following to keep them as healthy as possible:

- ✓ Observe physical distancing the best you can with department personnel and your clerk when checking out
- ✓ Use self-checkout stations whenever available. Ask for a cleaning or use a sanitation wipe before each use
- ✓ Bag your own groceries to mitigate the number of touches your bags and merchandise receive

SENIOR AND IMMUNE-COMPROMISED POPULATION ASSISTANCE

Some grocers are offering special morning hours for senior and immune compromised populations to shop. By coming early these population will have the advantage of overnight stocking, smaller crowds, and the first to enter after an overnight deep cleaning. Your help in respecting this time is appreciated.

Do you know a senior or immune compromised individual? Offer to do their shopping or help them navigate home delivery, even if it's a neighbor you haven't talked to in a while.

Respectfully submitted,
Rebecca Austen
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Graphics to share on below and on following pages.

The graphic is titled "Physical Distancing" and features a large double-headed arrow between two stylized human figures. Below the title, it is divided into two columns: "What you can do:" and "What businesses can do:". Each column contains a list of six items, each preceded by a shopping cart icon. At the bottom, there are logos for "Public Health Lincoln County" and "Lincoln County Health and Human Services", along with contact information for a call center.

Physical Distancing

What you can do:

- Stay home except for essential services.
- When you do go out stay at least 6 feet away from others that do not live with you.
- Wear a mask anytime you are in public.
- Do not physically visit or meet people that do not live with you.
- Stay socially connected to those you care about. Use technology to virtually "visit" with them.
- Stay home when you are sick. Call 911 if you have a medical emergency.

What businesses can do:

- Give employees masks and other appropriate protective gear.
- Limit the number of customers allowed in your store at the same time.
- Set up hand sanitizing stations at entrances and exits.
- Have employees work from home when possible.
- Place markings 6 feet apart on flooring to encourage proper physical distancing.
- Remind customers to practice physical distancing.

Questions? Contact our call center:
541-265-0621 or lincolncallcenter@co.lincoln.or.us

Keeping the workplace safe

Encourage your employees to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...



- They are feeling sick
- They have a sick family member in their home

What every American and community can do now to decrease the spread of the coronavirus

Keeping commercial establishments safe

Encourage your employees and customers to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Avoid crowding



- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

For transportation businesses, taxis, and ride shares



- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

What every American and community can do now to decrease the spread of the coronavirus

STAY HOME. SAVE LIVES.

DO:

- Stay home as much as possible (kids, too).
- Stay at least 6 feet away from others any time you are out.
- Go out only for essentials (groceries, medical care).
- Exercise outside (hiking, biking) only if you can be 6 feet apart from others.
- Have video and phone chats.
- Drop food off to neighbors who can't go out.

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Stay Home Save Lives



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OPEN:

- Grocery stores
- Banks and credit unions
- Pharmacies
- Bars, restaurants (takeout, delivery only)
- Some other stores (stay 6 feet from others)
- Gas stations
- Blood banks

3/23/20

Stay Home Save Lives



STAY HOME. SAVE LIVES.