

ESSENTIAL ERRANDS

**WEEKLY DIGEST, Brought to you
by UCR's Youth Health and
Development Lab
<https://youthdevlab.ucr.edu/>**

Due to the COVID-19 pandemic, the safest way to stay healthy is to stay home. However there are some tasks that require us to venture outside. Here are some tips on how to stay safe when doing so.

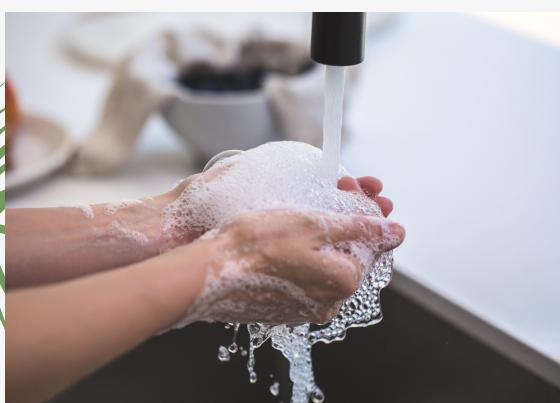
GROCERY SHOPPING

1. Have your nose and mouth covered with a mask or a cloth.
2. Avoid touching your eyes.
3. Keep a distance of 6 feet from other shoppers.
4. Disinfect the shopping cart, if possible.
5. If possible, use touchless payment in order to avoid touching cash, card or keypad.
6. Above all, wash your hands with soap and hot water, or use hand sanitizer, at the end of your shopping trip.
7. Once home, clean and separate groceries to avoid cross-contamination.



RECEIVING PACKAGES

1. When ordering groceries or takeout food online, have the delivery person leave the items outside to avoid contact when receiving. Switch the containers right away, and disinfect your hands after discarding packaging.
2. When receiving something in the mail, discard packaging right away and sanitize your hands before handling anything else.



No disinfecting wipes or sprays available? COVID-19 is also weakened by rubbing alcohol or hot water and soap.

DOCTORS/MEDICINE



1. If you begin experiencing COVID-19 like symptoms(fever, cough, shortness of breath), contact your doctor or the nearest health center online, via email or phone for further instructions. Contacting ahead will limit in-person exposure.

2. For a trip to the pharmacy, be sure to don a face covering, keep 6 feet distance from fellow shoppers and sanitize your hands after touching shelves or mode of payment.
3. If possible, purchase a larger supply of medication to limit visits.



BANKING



"Hope is being able to see that there is light despite all of the darkness." - Desmond Tutu

1. When going to the bank, try to avoid having to go inside to make your transaction, instead use the ATM outside.
2. When doing so, be sure to disinfect the keypad and card before and after handling. And if withdrawing cash, make sure to sanitize or store separately in an envelope.