

# **Senior ‘stepping out’ for a shopping trip: Covid-19 considerations**

## **Where do we start?**

From home considered as Zero risk as long as we have been feeling well over the past 2-3 weeks.

Plan event. Call or web order ahead for groceries, plan to pay with credit/debit, arrange a pick up time. For other tasks plan for least busy times (call ahead), aim for in and out encounters. Use mask if you are concerned with crowding.

## **Outline of trip to grocery store**

1. In the car have disposable gloves, sanitizer/alcohol wipes, a mask
2. Your car, like your home, when you start is zero risk
3. Grocery store: Having placed your order and selected your pick-up hour, park and call, open your trunk for delivery, let staff load your car, put on gloves, close the trunk (this may be an unnecessary step, your call).
4. Home: Put on gloves if not on, wipe down contact surfaces (steering wheel, cruise button, gear shift, interior handles). Wipe door handle outside, wipe lever, open trunk with gloves on, retrieve groceries.
5. Inside. Dispose of gloves, wash hands thoroughly, fresh gloves
6. Separate fresh produce from others. With fresh wipes, clean the dry and tinned products, set aside for 24 hrs. Fresh vegetables, brief soak of about 5 mins in 1:4 Vinegar water, rinse well, air dry, then store. Meats in bags, wipe off bags, store in fridge or freezer.
7. Clean off any used contact surfaces.
8. Dispose of gloves, wash hands again (Do the mantra).

## **Gas fill up using credit/debit card**

1. At gas station
2. Put on gloves, find credit/debit card, activate open trunk, exit car, carry some wipes.
3. Open gas port, wipe card and insert, clean/wipe over payment window.
4. Proceed with payment, retrieve card, wipe clean, put in a pocket

5. Proceed with gas fill up, restore gas line, close gas port and wipe.
6. May dispose of wipes and gloves.
7. Enter car, return home (fresh gloves and wipes may be unnecessary to clean interior touched surfaces, outer door handle..... dispose of gloves and wipes).

**ATM for cash or other. Carry Envelope for cash.**

1. At ATM
2. Put on gloves, find card, exit car, carry wipes and envelope.
3. At Bank, enter using auto door, activated with elbow or use wipes.
4. Wipe card and insert, wipe screen and undertake transaction.
5. Retrieve funds, place in envelope then pocket/purse, retrieve card, wipe clean and store separate pocket,
6. Enter car, same clean-up routine once home.
7. Leave funds in envelope and set aside for 24 hrs.