

Going out? Protect yourself.

TBT 7.21.2020

With COVID-19 cases on the rise, protecting yourself and your family can be challenging. Your errands still need to be completed. Your to-do list still needs to be done. Your fridge still needs food. The CDC website has specific tips for managing these areas of your essential daily life.

You can view all of the highlighted tips below, and more, on the CDC website.

Deciding to Go Out?

If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.

[click here to learn more!](#)



Grocery Shopping.

- Order food and other items online for home delivery or curbside pickup.
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to.

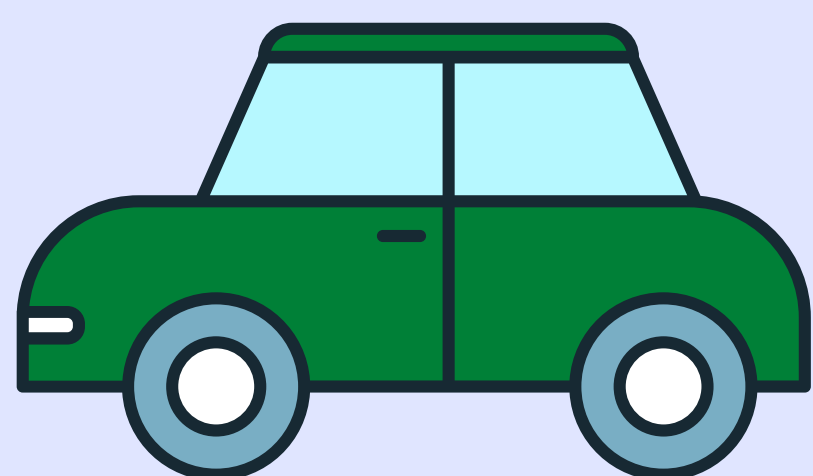


[click here to learn more!](#)

Transportation.

Protect yourself while getting from point A to point B.

[click here to learn more!](#)



Deliveries & Takeout.

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction.

[click here to learn more!](#)



Getting Gas.

- Use disinfecting wipes on handles and buttons before you touch them.
- After fueling, use a hand sanitizer with at least 60% alcohol or wash your hands.

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Doctor Visits.

- Talk to your doctor online, by phone, or e-mail.
- Use telemedicine, if available.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

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Banking.

- Bank online whenever possible.
- Ask about options for telephone or virtual meetings to use banking services.
- Use drive-thru banking services, or ATMs.
- Look for any extra prevention practices being implemented by the bank, such as plexiglass barriers for tellers or bankers, staff wearing cloth face coverings, or physical distancing signs in the lobby.

[click here to learn more!](#)

