Employees of grocery stores and markets during COVID19

Thank you for your service to the community.

The Minneapolis Health Department would like to thank all of the dedicated employees working to serve the community during the COVID19 pandemic.

Recommendations

The most important recommendations to protect your health are:

- Frequent and thorough hand washing, and
- Physical distancing

Your health and safety

Your health, mental health and safety are important. Many grocery store and market employees are working long hours. Take care of yourself by:

- Getting enough sleep
- Eating nutritious foods
- Find time to relax, do something you enjoy
- If you get anxious, try turning off the news. Read Tips to reduce COVID-19 anxiety (https://www.health.state.mn.us/docs/communities/mentalhealth/covidavoidanxiety.pdf) from the Minnesota Department of Health.
- Reach out if you need to talk - call 651-288-0400 or text "Support" to 85511

If you are sick stay home:

- Minneapolis sick and safe time ordinance (http://sicktimeinfo.minneapolismn.gov/) says that employers with six or more workers must provide time off for illness.
- As always, you must report your illness and follow the proper procedures.
- If you have **fever, cough, or a sore throat you should stay home** and not come to work until you:
  - Do not have a fever of 100.4°F or greater using an oral thermometer, **and**
  - For at least seven days, do not have signs of a fever, cough, or any other symptoms, **and**
  - For at least three days, have not used fever-reducing medications.

Wash your hands as often as possible with soap and warm water for at least 20 seconds.

- If you can't wash your hands, use hand sanitizer with at least 60% alcohol.
- Cover your cough and sneeze. Cough or sneeze into the crook of your arm.
- Avoid touching your face with unwashed hands.

When you are at work

Ask your supervisor if you need help creating ways to keep a six-foot distance around you.

- If you are stocking an aisle try to create a 6-foot circle around you to work in.
- If you are a cashier, try marking a space in front of you by putting tape on the floor where customers cannot stand so you have 6-feet of space.
- If you are working a counter, ask customers to step back as you step up to give them their item. Then step back when they get it.

Clean and disinfect your work space
- After every customer:
    - Clean areas that are frequently touched, such as credit card readers and pin pads.
- At least every 30 minutes:
    - Clean surfaces like check-lanes and touchscreens.

Additional protection

You can also wear gloves and a cloth face covering to protect yourself.
- If you are wearing disposable gloves, make sure you remove and throw them away safely.
- You can wear a cloth face covering (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html). Make sure it covers your nose and mouth completely. Wash your cloth face covering after each time wearing it.

If a customer is suspected of being sick

After the customer leaves, clean and disinfect items the customer touched, if possible
- If you are doing the cleaning, you should wear gloves and wash your hands immediately after removing the gloves.

Reduce stigma and support each other

Remember, viruses don't discriminate and neither should we. (PDF).

Stay informed

For more information about the City's response to COVID-19, visit minneapolismn.gov/coronavirus. This webpage is updated frequently with new information. For health questions, please email COVID19@minneapolismn.gov or call 612.673.2301.