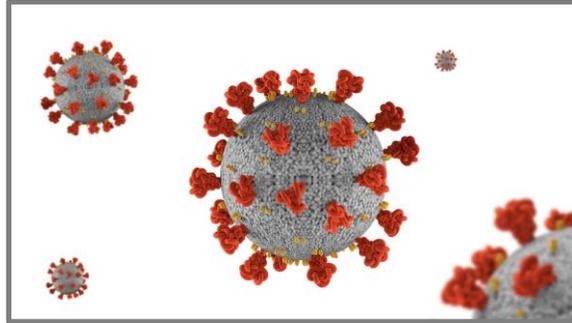


Prevent the Spread of COVID-19



Minimize Shopping Trips, Stores, and Exposure

Decreasing shopping trips and the number of stores you visit minimizes the risk of becoming infected and infecting others. Minimizing your exposure while shopping is a big deal right now. The virus appears to move easily from one person to another. It's contagious and we don't have any immunity. Stay at home sounds easier in theory than it is in practice. Americans are used to shopping when they want rather than when there are definite needs. It is tempting to get out of the house. When you do, you place yourself, your family, and others at a greater risk of contracting or spreading COVID-19. To minimize your exposure, change your shopping strategy to once a week or even better every two weeks preferable at one store.

Stay Home, Stay Safe, Stay Healthy

B. Susie Craig

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