

# COVID-19:

## How to safely run errands

Geisinger

Grocery shopping	<ul style="list-style-type: none"><li>• Shop at less busy times and make fewer trips. Use a grocery delivery service if available.</li><li>• Wipe down cart and basket handles and wipe down debit/credit card after using.</li></ul>
Doctor appointments	<ul style="list-style-type: none"><li>• Ask if a telemedicine appointment is available: 800-275-6401.</li><li>• If you have myGeisinger or the MyChart app, message your doctor directly.</li></ul>
Rx pickup	<ul style="list-style-type: none"><li>• Limit in-person visits with free home delivery or curbside pickup at Geisinger CareSite Pharmacy</li><li>• GHP members: Have your doctor send your Rx to Geisinger mail-order pharmacy.</li><li>• Learn more: <a href="https://www.geisinger.org/pharmacy">Geisinger.org/pharmacy</a></li></ul>
Getting gas	<ul style="list-style-type: none"><li>• Use full service wherever possible and fill your tank when you go out.</li><li>• If you pump your own gas, wear gloves or use a bag over your hand.</li></ul>
Car repairs	<ul style="list-style-type: none"><li>• Drop your vehicle off the night before your appointment.</li><li>• If possible, leave your vehicle instead of waiting for it.</li></ul>
Banking	<ul style="list-style-type: none"><li>• Whenever possible, bank online.</li><li>• Use the ATM instead of going inside.</li></ul>
Takeout	<ul style="list-style-type: none"><li>• Ask for no-contact delivery or curbside pickup.</li><li>• Wash your hands or use hand sanitizer after touching takeout containers.</li></ul>
Pets	<ul style="list-style-type: none"><li>• Buy pet food and supplies in 2-week bulk.</li><li>• Ask your vet to fill pet Rx through mail-order.</li></ul>
When you get home	<ul style="list-style-type: none"><li>• Wash your hands thoroughly for at least 20 seconds.</li><li>• Wash any reusable tote bags.</li><li>• Sanitize your phone with alcohol.</li></ul>