**16 COVID-19 Tips: How to help keep yourself healthy when going out in public**

***What steps can I take to stay safe if I must go out?***

If you're not already using these tips for grocery shopping, opening doors and signing your name, now's a good time to start. *Jessica Dolcourt (CNET Health & Wellness)*

Should you wear a face mask at all times? What if someone breaks the social distancing bubble and comes within six feet of you? How can you touch things less with your hands? As coronavirus lockdown restrictions ease and cities reopen around the world, the way you'll go to restaurants, malls and hair salons will change, so it's a good idea to think about how you'll keep yourself and your loved ones healthy during a prolonged period. Here are some suggestions:

1. **Keep track of the coronavirus pandemic.**
2. **Don't get too comfortable.**
3. **Wear a face mask in public places.**
4. **Don't make shopping trips a source of entertainment.**
5. **Enough with the fingertips: Use your knees, feet, elbows and knuckles instead.**
6. **Distance, distance, distance.**
7. **Look for the automatic option.**
8. **Watch where you put your phone.**
9. **Set aside your reusable tote bags.**
10. **Don't sort through produce with your bare hands.**
11. **Whatever you do, touching is off limits.**
12. **For food and package delivery, embrace the awkward.**
13. **Don't neglect your car and home.**
14. **Carry extra napkins, disinfecting wipes and facial tissue.**
15. **Stop handling cash.**
16. **Banish questionable items to a long time out.**

If you're not part of a vulnerable group, becoming a hermit isn't necessarily the solution, either. It's beneficial to periodically leave the house to maintain your health and sanity and run critical errands, but there are measures you can take when coming within spitting distance of people outside the household. For the most up-to-date news and information about the coronavirus pandemic, visit [www.who.org](http://email.aka1908.com/c/17sJvnJWCNLo5Ocp4Vd). Click [here](http://email.aka1908.com/c/17yMBJlEeJwTcEgMNMx) to read the full article.