

# How to make *safe deliveries* for a vulnerable community member during COVID-19



**Goal:** Thank you for volunteering to help a fellow member of your community. Your support is critical during this outbreak. It is VERY important to keep in mind the primary goal of this mission: **to reduce the risk of transmission of coronavirus**. This means we want to think about 2 things during the delivery:

1. Limiting exposure to the virus for the community member  
AND
2. Limiting exposure to the virus for yourself

## STEPS for a SAFE DELIVERY

- 1) **SHOPPING:** When you are at the store, follow these everyday precautions\* to limit your risk of exposure:
  - Wipe down your cart/basket handles with disinfecting wipes** before using (either bring your own or use wipes offered at the store, if available).
  - Wash your hands with soap and water (20 secs) in store restroom** before you start shopping.
  - Avoid touching high-touch surfaces** (e.g. door handles) and **limit touching items** on the shelves (first examine the shelf, identify what you want, and then pick up only that item).
  - Avoid touching your face, nose, eyes, etc.** during the shopping.
  - Keep away from others**, especially those who are sick (about 6 feet).
  - Bag the items yourself** so that one less person is touching the items and **opt for paper bags** when possible (preliminary study shows the virus may live longer on plastic compared to cardboard+)
- 2) **DELIVERY:** When you drop the delivery off at the community member's home, please do the following to limit their risk of exposure:
  - Leave the items at the front or side door.**
  - Knock or ring the doorbell** to notify the community member that their delivery has arrived.
  - Quickly walk away from the home to a safe distance** of at least 6 feet to avoid exposing the community member (do NOT enter the person's home even if invited in, RESIST urge to step closer, shake hands, etc...it's ok to break social etiquette right now!)
  - Remind the community member to wash their hands** after putting items away
  - Wave, smile, greet at a safe distance - take joy in knowing that we all care for each other ☺
- 3) **AFTERWARDS:** When you get back home, **immediately wash your hands** with soap and water for at least 20 seconds.



**Warning!** If you start to feel sick (fever, cough, shortness of breath) or have come into contact with someone who is sick, please STOP volunteering and stay at home. *And we hope you feel better soon!*

\*Center for Disease Control. (2020 March 12): *Coronavirus Disease 2019 (COVID-19): If You Are at Higher Risk.*

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html#who-is-higher-risk>

+N. Van Doremalen et al. (2020). Aerosol and Surface Stability of SARS-COV-2 as Compared with SARS-CoV-1. *New England Journal of Medicine.*