

## **Safety tips for volunteers delivering food during COVID-19**

**COVID-19 background:** Research indicates that COVID-19 is spread most commonly by contact with respiratory droplets from an infected person (even if the person is not displaying symptoms). It may also be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose, or possibly eyes, but that is not thought to be the main way the virus is spread. There have been no known transmissions of COVID-19 through food or food packaging.

Many wonderful volunteers have come forward to deliver food and supplies to those in need. To protect their own health and the health of the people they are delivering to, volunteers should consider the following:

- **Always stay home if you are sick** and call your healthcare provider if needed.
- **Wear a cloth face covering<sup>1</sup>** when you are picking up and delivering food.
  - Cloth face coverings should not be shared and should be washed between trips.
- As much as possible, **maintain a 6 foot distance from others.**
  - As much as possible, deliver food and supplies to the doorstep and step back at least 6 feet when the person receiving the supplies comes to get them. Call ahead to let the person know when you are coming if possible.
- **Limit your contact with frequently touched surfaces** during pickups and deliveries
  - Includes items such as countertops, elevator buttons, doorbells, door handles.
  - If possible, use an elbow, hip, forearm or foot to open doors.
- **Wash your hands with soap and water** for at least 20 seconds often, particularly:
  - before and after pick-up and delivery
  - before, during, and after preparing food,
  - before eating
  - after using the toilet
  - after coughing, sneezing and blowing your nose.

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<sup>1</sup> More information: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.htm](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.htm)

- Cough and sneeze into your elbow or into a tissue then immediately throw the tissue away.
- Always **clean and disinfect surfaces** before and after your trip, including the following: (more information: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html))
  - o Commonly touched surfaces in your vehicle- steering wheel, signaling levers, gearshift, door handles, and seatbelt buckles
  - o Cell phones and pens
  - o Any surfaces used to prepare food
- **Keep hot foods hot and cold foods cold** by storing in appropriate transport vessels.
  - o Keep cold foods cold by using enough coolant materials, e.g., gel packs.
  - o Keep hot foods hot by ensuring insulated cases are properly functioning.
- **Keep foods separated to avoid cross contamination**, e.g., keeping raw foods separated from cooked and ready-to-eat foods.
- **Routinely clean and sanitize coolers** and insulated bags used to deliver foods.

## Sources and more information:

FDA: [www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-up-delivery-services-during-covid-19](http://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-up-delivery-services-during-covid-19)

CDC: [www.cdc.gov/coronavirus/2019-ncov/community/organizations/food-grocery-drivers.html](http://www.cdc.gov/coronavirus/2019-ncov/community/organizations/food-grocery-drivers.html)

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