

Basic Safety Guidance for People Delivering Meals During COVID-19 Pandemic

April 11, 2020

Do not report for meal delivery service if you are not feeling well.

Before Beginning Meal Delivery Work

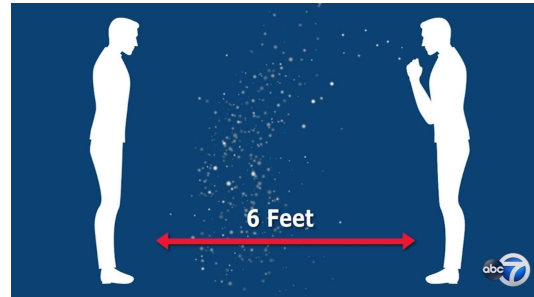
- Take your temperature at home before leaving home. If it is above 100° F DO NOT report for your volunteer assignment and alert the organization of your unavailability.
- Before using vehicle for deliveries, use disinfectant on frequently touched surfaces in vehicle (such as door latches, door handles, steering wheel, gear shift) and any equipment used for delivery. If you do not have a pre-made disinfectant, make a diluted bleach solution as described below under Needed Supplies.
- Following vehicle disinfection, discard wipes into trash container.
- Disinfect hands using hand sanitizer following the technique presented in accompanying [poster](#) and [video](#).
- Cover your mouth and nose with a cloth face cover. Use [proper technique](#) for putting it on and taking it off.
- Transfer meals into delivery vehicle, ideally from outside the food preparation facility



While Delivering Meals to Sites

- Wear a cloth face covering.

- Maintain safe social distance – 6 feet or more – at all times and minimize contact with hard surfaces such as handrails, door handles, elevator buttons. Social distancing is THE MOST IMPORTANT PRECAUTION you can take!
- After each delivery, disinfect any equipment used in transferring meals.
- After each delivery, disinfect hands using hand sanitizer.



After Completing Meal Deliveries

- Use disinfectant wipes on frequently touched surfaces in vehicle (such as door latches, door handles, steering wheel, gear shift) and any equipment used for delivery. Discard wipes in trash container.
- Remove face cloth, being careful not to touch your eyes, nose, and mouth.
- Disinfect hands using hand sanitizer.

Optional Use of Gloves

Individuals may supplement proper hand hygiene with the use of disposable gloves. They are available and their use is totally optional. Hands must be cleaned immediately before gloves are put on and immediately after they are removed. Gloves must be [removed properly](#) and discarded in trash container.. **Use of gloves is NOT a substitute for required hand hygiene.**

Needed Supplies

- Hand sanitizer
- Disinfectant – EPA-registered household disinfectant or bleach solution. To make bleach solution add 1 teaspoon of bleach per cup of water. Bleach solutions must be made each day as the solution is only effective for 24 hours.
- Paper towels or rag
- Trash container
- Cloth face cover (not N95 medical or surgical masks)
- Disposable gloves, if being used