

Protecting Yourself from COVID-19: Package Delivery Personnel

As a parcel delivery driver, potential sources of exposure include having close contact with co-workers or delivery recipients, or when you touch surfaces touched or handled by a person who has COVID-19. It is important during this trying time that we understand and respect that due to the situation some may have a heightened sense of anxiety and may need additional personal space to feel comfortable. If you encounter a potentially dangerous altercation, please back out of the situation immediately and notify your supervisor.

STAY HOME IF YOU ARE SICK

- If you develop a fever or symptoms such as a cough or difficulty breathing, call your healthcare provider for medical advice before visiting their office.
- You should not return to work until the criteria to discontinue home isolation are met, after speaking with your doctor.

WEAR A CLOTH FACE COVERING

- CDC recommends wearing cloth face coverings in public settings where other social distancing measures are hard to do, especially in areas that have high rates of COVID infection.
- Cloth face coverings may help prevent people who don't know they have the virus from spreading it to others.

LIMIT CONTACT

- Practice "contactless" deliveries whenever you can. Contactless deliveries allow you to leave a delivery at a doorstep, move back to a distance greater than 6 feet away while verifying receipt of the delivery with the recipient (if required), and try to do everything electronically whenever you can (e.g., in an app or over a phone).
- Maintain a distance of 6 feet or greater from others you might meet or need to speak to while making your deliveries.
- Limit contact with frequently touched surfaces during deliveries such as doorbells or door handles. Use a foot, shoulder, elbow, hip, or forearm when opening doors, instead of hands, if possible.
- Avoid sharing scanners, pens, or other tools with customers.
- If you are wearing machine-washable work gloves normally worn for the job throughout your shift, do not touch your face with gloved hands. Remove them and wash your hands before eating. At the end of the work shift, remove the gloves, store them for washing, and wash your hands.

CLEAN AND DISINFECT

- If surfaces are visibly dirty, they should be cleaned with detergent or soap and water prior to disinfection.
- Carry cleaning and disinfectant disposable wipes, if available, and a trash bag with you in your vehicle. Follow the directions on the cleaning product's label.
 - Clean and disinfect frequently touched surfaces of the delivery vehicle (particularly if it is shared) at the start and end of the shift. These include the steering wheel, gearshift, signaling levers, and door handles.

- Wipe down pens, clipboards, and electronic signature pads after each use with the public if shared when performing a delivery.

- Appropriate disinfectants for hard non-porous surfaces include:

- EPA's Registered Antimicrobial Products for Use Against Novel Coronavirus
- Diluted household bleach solutions prepared according to the manufacturer's label for disinfection, if appropriate for the surface
- Alcohol solutions with at least 70% alcohol.

PRACTICE EVERYDAY PREVENTIVE ACTIONS

- Avoid touching your eyes, nose, or mouth.
- Proper hand hygiene is an important infection control measure. Keep in mind where you can access and use facilities with soap and water during your shift. Wash your hands regularly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Key times to clean hands include:
 - Before, during, and after preparing food
 - Before eating food
 - After using the toilet
 - After blowing your nose, coughing, or sneezing
- Additional times on the job to clean hands include:
 - Before and after work shifts
 - Before and after work breaks
 - After putting on, touching, or removing cloth face coverings
 - Before and after making deliveries, including after picking up from drop-boxes and customer pickups
 - After touching frequently touched surfaces, such as doorbells or door handles
 - Before wearing and after removing cold-weather gloves
 - Before and after pumping gas
- Carry tissues in your vehicle to use when you cough, sneeze, or touch your face. Throw used tissues in the trash.

For more information, please visit dspinsurancepolicy.com



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