Guidance for Volunteers during COVID-19

How to Deliver Essential Goods Safely

TETON COUNTY HEALTH DEPARTMENT
APRIL 21, 2020

What is COVID-19?

- WHO declared a worldwide pandemic.
- The disease (COVID-19) continues to spread in many countries.
- Symptoms:
  - Fever, cough, shortness of breath, others.
  - Can be mild to severe, with some asymptomatic infections.
- There is currently no vaccine.

Teton County, WY is experiencing community spread of the disease. For up-to-date case numbers, visit the Wyoming Department of Health webpage.
Transmission of COVID-19

- Spread person-to-person among close contacts
  - Typically within ~6 feet

- Schematic of Transmission
  - Infected person coughs or sneezes
  - Respiratory droplets travel through the air
  - Droplets land onto the face or mouth of a nearby person
  - Droplets are inhaled into the lungs
  - Infection

Surface Transmission

- Coronavirus can survive on common, high-touch surfaces such as doorknobs, shopping cart handles, etc.

- Could be transmitted to persons by touching a surface or object that has the virus on it
  - Currently not well documented
  - Not known to be transmitted through food or food packaging

- COVID-19 may remain viable for hours, up to days on surfaces

- Cleaning surfaces, followed by disinfection, can prevent spread
Preventing Transmission

- Most important: Stay home if you are sick

- Please do not volunteer if:
  - You have been diagnosed with COVID-19 or are experiencing any symptoms
  - You have had recent close contact with a person diagnosed with COVID-19
  - You have traveled outside of the immediate geographic area of the State of Wyoming, Bonneville County, ID, and Teton County, ID in the past 14 days

- We do not recommend volunteering if you are at higher risk for severe disease.
  - This means older adults (age 65+) and people of any age who have serious underlying medical conditions
  

Protecting Yourself as a Volunteer

- **Clean hands often**, including after removing gloves.
  - Washing with soap and warm water for 20 seconds is recommended.
  - If soap is not available, hand sanitizer (over 60% alcohol) is also okay.

- Avoid touching your face.

- Clean AND disinfect frequently touched surfaces.
  - Steering wheel, door handles, buttons/switches, and any surface that contacts food bags

- Wear a cloth face covering while you are out in more crowded public spaces such as the grocery store or post office.
Face Coverings

- Teton County Health Officer has put out a recommendation advising people to use a cloth face covering to slow the spread of COVID-19
  - Recommended as a voluntary public health measure in addition to physical distancing requirements
  - Reusable, cloth masks are fine to use in this situation but must be laundered after each day
  - Surgical masks and N-95 respirators are not recommended and should be reserved for health care workers

- Cloth face coverings should—
  - Fit snugly but comfortably against the side of the face
  - Be secured with ties or ear loops
  - Include multiple layers of fabric
  - Allow for breathing without restriction
  - Be able to be laundered and machine dried without damage or change to shape

- Do not touch the front/ outside of the mask when taking it on or off

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Face Coverings: Donning and Doffing

[Video link](https://www.youtube.com/watch?v=OABvzu9e-hw)
Gloves

- Virus enters the respiratory tract when people inhale infected droplets
  - Smaller proportion of infections happen when people touch surfaces where the virus lives and then touch their face

- Gloves only create a barrier between your hands and infected surfaces and do not prevent COVID-19 infection
  - Gloves are **NOT** a replacement for handwashing- wash your hands for 20 seconds after removing gloves

- Gloves can contaminate bare hands if they are not put on and taken off properly
  - [https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf](https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf)

Removing Gloves Safely

[https://www.youtube.com/watch?v=Bb2uZ0mHZN8](https://www.youtube.com/watch?v=Bb2uZ0mHZN8)
Sample SOP for Food Delivery Volunteers

1. Self-monitor for symptoms before beginning your shift. If you are experiencing fever (measured or subjective), coughing, or shortness of breath, do not leave your home except to seek medical care.

2. Use sanitizing wipes or spray on the non-cloth surfaces in your vehicle.

3. Sanitize your cart or basket handle in the grocery store with a wipe or spray.

4. Wash your hands prior to touching any food, mail, medications, or other packages. Carry hand sanitizer throughout route. Gloves may be worn but are NOT a replacement for hand washing. Gloves should be changed out any time they have become contaminated, and hands washed or sanitized between glove changes.

5. Practice social distancing while shopping. Keep at least 6 feet between you, other shoppers, and store employees.

Sample SOP for Food Delivery Volunteers Cont.

6. Use paper bags. Avoid reusable cloth bags to minimize contact with potentially contaminated surfaces. If you must use cloth bags, they should be laundered on the warmest possible setting after each use.

7. Bag or package groceries and meals to prevent cross-contamination. Use a separate bag for raw meat, poultry, eggs, or fish and do not allow them to contact ready-to-eat foods such as fresh produce or bread.

8. Make the delivery at an agreed-upon time. Leave food outside the recipient’s door to minimize exposure. It is not advisable to enter the recipient’s home.

9. Time from pick-up to delivery shall not exceed 4 hours, to mitigate the potential for growth of pathogenic bacteria on the food. Coolers and/or hot boxes may be used if available, but the 4-hour rule should still apply.
Cleaning & Disinfecting

1. Clean.
   - For hard surfaces and objects, use soap and water or another detergent.
   - For soft (porous) surfaces and objects, use appropriate cleaners indicated for use on these surfaces.
   - Launder items using the warmest appropriate water setting and dry completely.

2. Disinfect.
   - Most household disinfectants are effective against the virus that causes COVID-19.
     - Check the EPA’s list of disinfectants registered for use against SARS-CoV-2: [https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)
   - CDC recommends 4 tsp bleach per quart of water OR > 70% alcohol. Make only as much bleach solution as you will use immediately.
   - Always follow the label directions.
     - Contact time: the amount of time the surface should be visibly wet

Information for the Recipient

- Bring your items inside immediately after they are dropped off.
- Rinse unpackaged produce under running lukewarm water.
- Wash your hands after putting everything away.
- Remember to clean lids (with soap and water) before opening cans.
- Clean and sanitize kitchen counters regularly
  Use a commercially available disinfectant a DIY sanitizing solution with 4 teaspoons of bleach per quart of water.
Resources

- Community Foundation of Jackson Hole, subscribe as a COVID-19 volunteer or access financial support resources: www.cfjacksonhole.org/
- St. John’s Health: Call 307-739-4898, option 3 for a phone evaluation
- Teton County Health Department Hotline: Call 307-732-8628 for current coronavirus information
- www.jhcovid.com or for Spanish, www.jhcovidspanol.com
- Teton County Health Department webpage: www.tetoncountywy.gov/coronavirus
- St. John’s Health webpage: www.stjohns.health/about/community-engagement/coronavirus/?furl=coronavirus
- Johns Hopkins Coronavirus Resource Center: coronavirus.jhu.edu/map.html

Questions?

Please call or email Environmental Health with questions or concerns.

Phone: 307-732-8490

Email: anna.day@wyo.gov
Transmission of COVID-19

Based on what is currently known about the novel coronavirus and similar coronaviruses that cause SARS and MERS, transmission from person-to-person with these viruses happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets that can be inhaled by nearby people.

Transmission of coronavirus occurs much more commonly through respiratory droplets than through fomites (surfaces contaminated with the virus). Though transmission of COVID-19 to persons from fomites has not been documented, current evidence suggests that COVID-19 may remain viable for hours to days on surfaces made from a variety of materials.

Cleaning of surfaces followed by disinfection is the best practice for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

**THE MOST IMPORTANT THING YOU CAN DO TO PREVENT TRANSMISSION IS TO STAY HOME IF YOU ARE SICK.**

Please do not volunteer to deliver food if:

- You have been diagnosed with COVID-19 or are experiencing any symptoms, including but not limited to: fever, cough, difficulty breathing, headache, sore throat, and diarrhea
- You have had close contact with a person that has been diagnosed with COVID-19 in the last 14 days
- You have traveled outside of the immediate geographic area of the State of Wyoming, Bonneville County, Idaho, and Teton County, Idaho in the past 14 days. See Recommendation #6 from the Teton District Health Officer: [http://www.tetoncountywy.gov/2064/COVID-19-Health-Orders](http://www.tetoncountywy.gov/2064/COVID-19-Health-Orders)
- You may want to reconsider volunteering to deliver essential goods if you are at higher risk for the severe form of this disease. Groups at higher risk include older adults (age 65+) and people of any age with underlying health conditions including but not limited to: chronic lung disease, moderate to severe asthma, serious heart conditions, diabetes, liver disease, severe obesity, and other conditions compromising the immune system.
How to Protect Yourself as a Volunteer

- **Clean your hands** often, including immediately after removing gloves, by washing hands with soap and warm water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains 60%-95% alcohol may be used.
- **Avoid touching your eyes, nose, and mouth.**
- **Clean AND disinfect frequently touched surfaces.** This includes parts of your vehicle such as the steering wheel, door handles, and surfaces on which groceries, food, or mail will be transported. At the grocery store, wipe down the handle of your cart or basket with a sanitizing wipe or spray.
- **Wear a cloth face covering** while you are out in more crowded public spaces such as the grocery store or post office.
- Due to current recommendations regarding social distancing, it is **not advisable for a volunteer to enter a recipient’s home** to make deliveries. Remember, there are many circumstances that may lead to an individual requesting delivery services. Therefore, minimize exposure for both the volunteer and the recipient by having no direct contact.
  - Drop off procedures may include leaving food outside of recipient's door with a previously-scheduled drop off time, calling to notify the recipient that the delivery has been made, or another method agreed upon by the volunteer and the recipient.

Information for Recipients

- Bring your mail, groceries, meals, or other items inside immediately after they are dropped off.
- Rinse unpackaged produce under running, lukewarm water.
- If you want to be extra cautious, you may wipe down food packaging with soap and water.
- Wash your hands after putting everything away.
- Remember to clean lids before opening cans.
- Clean and sanitize kitchen counters regularly
  - Use a commercially available disinfectant or a DIY sanitizing solution with 4 teaspoons of bleach per quart of water.

More Information On...

**Masks**

- The public is advised to use a cloth face covering to slow the spread of COVID-19 when out in public. This is a voluntary public health measure to be used in addition to physical distancing requirements.
- Reusable, cloth masks are fine to use in this situation. You might already have a bandana, buff, or other suitable face covering. Your face covering should:
Fit snugly, but comfortably against the side of the face
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

- Do not touch the front/ outside of the mask when taking it on or off. Watch a video demonstration here: https://www.youtube.com/watch?v=OABvzu9e-hw

Gloves
- If you have gloves, you may wear them so long as you use them properly. However, proper hand hygiene is more effective and more important than using gloves.
  - Remember, gloves only create a barrier between your hands and potentially infected surfaces – if you touch your face with contaminated gloves, you still run the risk of infection.
  - Gloves are NOT a replacement for handwashing- wash your hands for 20 seconds after removing gloves.
  - Gloves can contaminate bare hands if they are not taken off properly.
- Learn more about proper glove use here:
  - https://www.youtube.com/watch?v=Bb2uZOmHZN8

Cleaning and Disinfecting
- If a surface or object is visibly dirty, it should be cleaned with soap and water or another detergent appropriate for the material. Cleaning of soiled objects should always be done before disinfecting.
  - Cloth items such as reusable masks should be laundered using the warmest appropriate water setting and dried completely.
- For disinfection, most household disinfectants are effective against the virus that causes COVID-19.
  - Check the EPA’s list of disinfectants registered for use against SARS-CoV-2: https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2
  - For a DIY disinfectant solution, CDC recommends adding 4 teaspoons of regular, unscented household bleach to one quart of water. Make only as much bleach solution as you will use immediately; it can be stored, but its effectiveness begins to degrade after just a day or two.
- Always follow the label directions on any chemical that you use. If the label indicates a specific “contact time”, that means the amount of time the surface should sit there visibly wet with the product before being wiped dry.
- Avoid using disinfectants on food. Disinfectants are designed for use on surfaces, and could lead to accidental ingestion if used on food.
Please call or email Environmental Health with questions or concerns.

Phone: 307-732-8490

Email: anna.day@wyo.gov

Other resources:

Area information on all things COVID-related: www.jhcovid.com or for Spanish, www.jhcovidspanol.com

Community Foundation of Jackson Hole, subscribe as a COVID-19 volunteer or access financial support resources: www.cfjacksonhole.org/

St. John’s Health: Call 307-739-4898, option 3 for a phone evaluation. Visit their website here: www.stjohns.health/about/community-engagement/coronavirus/?furl=coronavirus

Teton County Health Department: for the hotline, call 307-732-8628. Visit the website here: www.tetoncountywy.gov/coronavirus

CDC for the most current disease information and recommendations: www.cdc.gov/coronavirus/2019-ncov/index.html


Johns Hopkins Coronavirus Resource Center: https://coronavirus.jhu.edu/map.html