

How to make deliveries and stay safe from Coronavirus



by Indian Scientists Response to Covid

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During this period of lockdown imposed to contain COVID-19, doorstep delivery of essential commodities is crucial. Hence, the health and safety of people involved in delivering these essentials should also be priority. Essential commodities include groceries, gas cylinders, milk packets, newspapers, prepared food, medicines, etc. If you are involved in delivering any of these essential items, it is possible that you come in close contact with many people and touch surfaces that have been touched by many. You may also be involved in handling a large volume of currency transactions, frequently touching notes and coins. You are also likely to work in physical proximity to your colleagues, and sometimes, share the delivery vehicle. Here, we list some simple precautions that you could take to ensure that you, your family and your customers do not contract the COVID-19 infection.



General guidelines

The suggested guidelines of regularly washing hands and not touching your face, are applicable to everyone during this epidemic of COVID-19. However, washing your hands while delivering may not always be possible. Hence, try to touch as few surfaces as possible on your job. If you can, carry some water and soap with you. The easiest way is to carry a small bottle of soap solution—break off a small bit of soap in a bottle of water and mix it well. This should be enough to make a soap solution that lathers. Try to stop by the side of the road and wash your hands a couple of times during your shift, and if possible, between deliveries. Wear a mask. If you cannot purchase one, you can make a reusable one.

If you are sick

If you, or any of your colleagues, show any symptoms of COVID-19, such as a cough or fever, it is better not to work. Ideally, employers should give these workers leave with pay. This will ensure that the worker recovers and importantly, does not pass on the infection to other workers and customers.



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Delivery person 1 of 2

Personal / household hygiene

Try to bathe before you leave the house and after you come back home from outside. This will decrease the chances of transferring viruses that have landed on you to others. When you come into your house, leave your footwear at the doorstep, carefully take off your mask by the string, discard appropriately and avoid touching any surface inside the house until you bathe. Leave the clothes and the mask, if reusable, that you wore during the day in a separate designated bucket. If possible, wash your clothes immediately with detergent and water, and take a bath with soap.

Eating on the job

Wash your hands with soap and water or use a hand sanitizer before eating. You can also eat with a spoon that you have cleaned at home, stored safely and not touched by hand.

Delivery vehicle

The virus causing COVID-19 is thought to survive on metal surfaces for up to three days. At the end of your shift, it is advisable to clean the delivery vehicle everyday with soapy water when you get home, before you bathe. Make sure you wipe down frequently touched surfaces like handlebars, door handles, steering wheel, dashboard, etc. with soapy water.

While delivering goods

Keep a safe 1-2 metre distance from your customers while delivering goods. Suggest to your customers that it's safer for both you and them if you leave the deliveries outside the house or shop. If you have to go inside to deliver goods, for example gas cylinders and water cans, try not to touch any surfaces like doors, counters, etc. The empty cylinders and cans should be handled carefully: try to wash your hands after collecting and loading into the vehicle. You can keep a pouch or basket where your customers can drop the money without you having to touch it. Encourage your customers to make cashless payments as much as possible.



Every attempt has been made for scientific accuracy; in case any inaccuracies are found, please bring it to our notice at indscicov@gmail.com.