

Guidelines and protocols – Covid19

Fundamentals:

Wash your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser. Do this after you blow your nose, sneeze or cough, and after you eat or handle food

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

Put used tissues in the bin straight away and wash your hands afterwards

Avoid touching your eyes, nose, and mouth with unwashed hands

Avoid close contact with people who have symptoms

Volunteers should ensure they have a low chance of becoming infected.

Where possible follow social distancing protocol: try to keep 2 metres (3 steps) away from each other

Providing food:

If someone shows symptoms, they should cease their work immediately and trace all contact they had with at risk people.

All items given to someone at risk must be disinfected¹ on all surfaces that will be handled by them

Wearing gloves should be done while handling all items which may be given to people who're immunocompromised and while in proximity to anyone infected.

Masks should be worn where possible, by both people doing support, and people needing support, but if in short supply should be prioritised for situations where people must come into close physical proximity. Masks should be worn in line with manufacturer recommendations, which for paper masks is no more than 15 minutes of effective use.

COVID-19 is sensitive to cooking temperatures (63° for 4 minutes)

Do not cough or sneeze when cooking

Wash raw produce on arrival

Remove all packages (cardboard, plastic; Ex : from yogurts, eggs, butter,...)before storing it and wash your hands between each operation².

Do not touch your face

¹ See the disinfection guidelines at the end of the document

² A study published in New England of Journal Medicine shows that the virus can stay 3 days on plastic packages, 24 hours on cardboard : N van Doremalen, *et al.* Aerosol and surface stability of HCoV-19 (SARS-CoV-2) compared to SARS-CoV-1. *The New England Journal of Medicine*. DOI: 10.1056/NEJMc2004973 (2020).

Keep in mind that gloves can be contaminated and contaminating as well : it's better to wash your hands frequently

Avoid using shared spaces, such as kitchens or bathrooms, at the same time as each other

Open windows in shared spaces if you can

Provide hand sanitiser and tissues for staff, and encourage them to use them

Make sure there are places to wash hands for 20 seconds with soap and water, and encourage everyone to do so regularly

Delivering food:

Clean and disinfect each item you're going to deliver

Place them all in a plastic bag which has been disinfected inside and out³, or a new bag.

Place the bag in another, larger bag which you have disinfected the inside of, or which is new. This is to protect your disinfected stuff in the inner bag, so someone immunocompromised can touch it. Close the top as much as you can.

Don't go into any houses. Leave food / goods outside the doorstep.

Communicate to the person in isolation that you are delivering soon via message or phone call. Recommend that recipients wash shopping wherever possible and wash their hands after touching it.

Wash hands before and after deliveries. When out and about keep a bottle of alcohol hand sanitiser to hand.

Public transport should be avoided where possible. In cases where taking public transport is unavoidable, try not to touch spaces with your hands, use hand sanitiser after travelling if available, or wear gloves which you can change.

If wearing gloves while travelling, remove these immediately after leaving the train/bus, without touching the exterior with your bare skin. (illustrated technique, video technique)

Put on fresh gloves if you have any, ensuring that you touch only the cuff of the glove with your bare hand. (illustrated technique) This minimises the risk of transmitting viruses to the exterior of your gloved hands.

Check the safety of the products delivered. Check any packaging is sealed and the temperature of product on delivery e.g. If it's meant to be frozen, is it still frozen?

Fold down the outer bag so they don't have to touch it. Don't touch the inner bag.

When they have retrieved the inner bag, ask them to back away inside, and take the outer bag away with you.

³ See the disinfection protocol at the end of the document

Wash your hands as soon as possible after leaving.

Disinfecting things protocol

Disinfection with bleach

This should be carried out in a well-ventilated space, with windows open.

Take care to avoid contact between bleach and bare skin. While mixing the solution, it is advisable to wear kitchen gloves to protect your skin from bleach splashes. (However, these gloves should then be changed before beginning to clean the items.)

Wash your hands with soap and hot water before beginning. If wearing kitchen gloves which you have previously used, also wash your hands with soap while wearing the gloves.

Mix 1 part home bleach with 20 parts cold water(see end note), and put it in a spray bottle, squirt bottle, or open topped container. Wipe down the outside of the bleach solution bottle with bleach solution, leave it for 10 minutes. Ten minutes later the item should only just be dry, or ideally slightly wet to the touch- if it's not, you must add more bleach to your solution, or use more solution, then try again.

Make new bleach solution every 24 hours, as it will degrade rapidly.

If your hair is likely to fall onto your face, tie it back before you begin to disinfect the items.

Remove any protective gloves you are wearing, wash your hands, and put on (fresh) disposable gloves if available. If you do not have any gloves, you must wash your hands very thoroughly with soap and hot water.

If putting on gloves, ensure that you touch only the cuff area with your bare hand, to prevent transmission of virus onto the exterior of the glove. (illustrated technique). If this is not possible, disinfect the exterior of your gloves before touching the items which you plan to exchange.

Using a new cloth, or one which has been washed at a minimum of 60 degrees, wipe down a space to put disinfected items once you've wiped them down. Leave it for ten minutes.

Wipe down the surface of each item you need to disinfect and regularly put more bleach solution on the cloth. Place each item on the disinfected surface.

Do not talk as you work, or hold items near your mouth.

With freshly washed hands, place items in a new or also disinfected plastic bag until needed. If you are wearing gloves, but have touched anything else since you touched the items, you must wash your hands and put on a fresh pair.

Do not apply the bleach solution to loose fruit or vegetables. Buy pre-packaged produce whenever possible. If there is no alternative, disinfect your sink and tap handles then clean the produce with soap and water as described below, and rinse well.

70 percent Alcohol

Clean each item or surface of visible dirt, as you normally would. Place items on a surface with no visible soil on it.

Wash your hands

Using a new cloth, or one which has been washed at a minimum of 60 degrees,thoroughly scrub down a clean surface, to leave things you've cleaned on it.

Wash your hands

Using a new cloth, or one which has been washed at a minimum of 60 degrees,thoroughly scrub each item on all surfaces, and rinse in clean running water.

Place it on the surface you scrubbed earlier.

Do not talk as you work, or hold items near your mouth.

With freshly washed hands, place items in a new or also washed plastic bag until needed.

Removing some of the virus with soap and water.

This is a much less reliable option as compared to bleach solution. Try to get bleach.

Clean each item or surface of visible dirt, as you normally would. Place items on a surface with no visible soil on it.

Clean your tap handles with soap/washing up liquid.

Wash your hands

Using a new cloth, or one which has been washed at a minimum of 60 degrees,thoroughly scrub down a clean surface, to leave things you've cleaned on it.

Wash your hands

Using a new cloth, or one which has been washed at a minimum of 60 degrees,thoroughly scrub each item on all surfaces, and rinse in clean running water.

Place it on the surface you scrubbed earlier.

Do not talk as you work, or hold items near your mouth.

With freshly washed hands, place items in a new or also washed plastic bag until needed.

Sources/ more information and protocols:

Queercare, Protocols, Online : "<https://wiki.queercare.network/index.php?title=Category:Covid>"

UK Government, Covid 19 Advices, Online : "<https://www.gov.uk/coronavirus>"

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