

Helping others through assistance with shopping

Some advice from the [National Food Service](#) for the Covid 19 emergency

Basic precautions for handling shopping:

A few basic precautions for handling shopping. You may want to include these in your safeguarding practices.

1. Don't go into any houses. Leave food / goods outside the doorstep. Communicate to the person in isolation that you have delivered via message or phone call. Get confirmation that the person has received it before you leave.
2. 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?
3. Recommend that recipients wash shopping wherever possible and wash their hands after touching it.
4. Remember to wash hands before and after deliveries. Where possible wash for 20 seconds with soap and water. When out and about keep a bottle of alcohol hand sanitiser to hand.
5. Cover your mouth and nose with a tissue when coughing and sneezing. If no tissue, cough and sneeze into the crook of your arm.
6. Volunteers should ensure they have a low chance of becoming infected. Where possible follow social distancing protocol and don't take unnecessary risks.
7. Public transport should be avoided where possible. In cases where taking public transport is unavoidable, disinfection of the items delivered should be carried out.
8. Take care when handling any items which may be given to people who may have compromised immune systems. The virus can live on inanimate surfaces for up to 24 hours.
9. Disinfect any surface that will be touched by the person you are delivering to.