

## Guidance for Volunteers Delivering Meals

Updated July 30, 2020

### Before Delivering Meals

Follow the Vermont Department of Health guidance:

**WHAT YOU NEED TO KNOW NOW about COVID - 19**

<https://www.healthvermont.gov/response/coronavirus-covid-19>

### Delivering Meals

- Avoid entering anyone's home.
- Wear a face mask or covering.
- Keep a distance of 6 feet from clients.
- Ring the doorbell or knock on the door and leave meal(s) at the doorstep or on a bag hanging from the door.
- Wait at least 6 feet from the door to confirm that the client brings the meal(s) inside. If the client does not come to the door in 15 minutes, take the meal(s) and follow the meal distribution site procedures for undelivered meals.
- Report to the meal site distribution manager the names of clients who do not answer their door for follow up.

**Please take these everyday preventive actions to help stop the spread of germs:**

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Wear a face mask or covering when you leave home.
- Stay at least 6 feet away from people you do not live with.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Up to date information about the Coronavirus (COVID-19) can be found at: <https://dail.vermont.gov/novel-coronavirus-information> And <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>