Recommendations for delivery services

COVID-19 prevention Public health Directives

Date: June 25th, 2020

In order to protect the health of workers, clients receiving the supplies (either private costumers or businesses), and the whole population of Eeyou Istchee, the following recommendations must be followed:

Monitoring risk and health status of workers

- Delivery companies must make sure to **identify** and exclude workers who may be at high risk of COVID-19 before they are designated to deliver supplies to any location in Eeyou Istchee. To do so all their workers should answer the following within 48hours prior departing for the territory. :
    - Have you been in contact with someone who has COVID-19 in the last 2 weeks, or someone who has recently become sick with symptoms that could be COVID-19?
    - Do you have any of the following symptoms, even if they are mild: cough, fever, difficulty breathing, fatigue, sore throat, diarrhea, sudden loss of sense of taste or smell?
    - *Note: Temperature taking is not required*
- Anyone answering yes to any of the above questions should not depart for Eeyou Istchee until they have ended their isolation period (if they were in contact with someone who has Covid), or until at least 48hrs after their symptoms have resolved.

THE **BEST WAY TO AVOID CONTAMINATING** YOURSELF AND OTHERS IS TO

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- Workers coming from regions considered at [risk for Eeyou Istchee](#) will be allowed to come in the territory (given they are cleared from the above), but they are going to be asked to:
  - Wear a medical mask for the period that they are in the community
  - Go directly to their delivery site and exit the community immediately afterwards
- It is also important that companies **contact the Band Councils of the communities they are planning to deliver goods** to, to make sure their delivery staff comply with all the local rules and regulations in place.
  - Some community check points may require that for special permission be granted to allow non-residents to come in the community, for example
  - Others may also restrict which community areas can be visited, as well as the length of time allowed within the community

Once in the community

- Apply strict **physical distancing** measures of at least 2 meters with clients and all others in community (either at home or business)
  - The worker should not go inside the house or business they are delivering to unless absolutely necessary
- **Limit hand-to-hand exchanges** of dollar bills, change, cheques, credit cards, telephones, or other physical objects.
  - If possible, encourage clients to use a contactless payment method or encourage the prepayment of orders to limit interactions
  - If it cannot be avoided, wash hands before and after the exchange
  - Wearing disposable gloves is not necessary, unless are already required for the type of work being done; remember to wash hands when gloves are removed
  - If possible, do not require a signature of receipt, if this cannot be avoided, make sure client use their own pen, and stay within 2 meters for less than 15 minutes
- **General hygiene measures**

- o Wash hands with soap and water or with a more than 60% hydro-alcoholic solution frequently and directly before and after any exchange of a physical object
- o Follow the respiratory etiquette (cough into your folded elbow, or into a tissue that is discarded immediately after use, then wash your hands as soon as possible).
- o Increase the frequency of cleaning and disinfecting the most frequently touched surfaces (e.g. handles, dashboard, steering wheel, transmission arms, tools, etc.) as often as possible and at all times at the end of the shift.

COVID-19 *(Coronavirus)*   ᐊᖬᐧᐋᑊᐱᓄᐃᐤ ᐁ ᐋᓂᖦᎠᓈᖬᑊ

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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

For more information
in English and Cree on the COVID-19
(Coronavirus) visit our website :

creehealth.org/coronavirus