

1

GENERAL NOTES FOR EVERYONE

YOU MUST STAY HOME AND ISOLATE YOURSELF IF ONE OR MORE OF THE FOLLOWING CRITERIA APPLY TO YOU:

- ✗ Dry cough**
- ✗ Fever**
- ✗ Shortness of breath**
- ✗ You have been in contact with an infected person**
- ✗ You came back from a trip**
- ✗ You are a senior person, have a weakened immune system or are pregnant**

GENERAL SANITARY GUIDELINES FOR EVERYONE PARTICIPATING IN THE MUTUAL AID PROCESS

- Limit support to a small number of people**
- Limit your offer of support to your local area**
- Prioritize private modes of transport**
- Wash your hands frequently**
- Disinfect affected surfaces frequently**
- Avoid touching your face**
- Cover your coughs and sneezes**
- Keep your distance from others (2 meters)**

2

FOOD PREPARATION

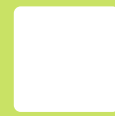
**IF YOU ARE PREPARING MEALS TO BE SHARED,
YOU MUST:**



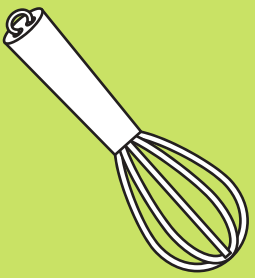
**WASH AND DISINFECT ALL WORK
SURFACES BEFORE STARTING**



**Wash surfaces with
soap or detergent**



**Disinfect surfaces
with anti-virus
solution**



**WASH ALL THE TOOLS USED FOR
PREPARATION: SPATULAS, LADLES,
KNIVES, CUTTING BOARD, ETC.**



**Wash tools in a solution of 1 part bleach to
9 parts water.**



APPLY HYGIENE PROTOCOLS FOR FOOD



**Favor cooked or
reheated food**



**Use freshly
washed clothes**



**Wash fruits and
vegetables
thoroughly**



**Leave the area to
sneeze / cough and
wash your hands
before returning**

3

DELIVERY

IF YOU ARE DELIVERING ESSENTIALS TO PEOPLE, YOU SHOULD:



KEEP A DISTANCE OF 2 METERS WITH OTHER PEOPLE



During the pickup



Avoid busy hours



During the transport



Avoid sitting close to others in the vehicle



During the delivery



ENSURE SAFE DELIVERY



Ensure food remains covered and sealed during transport



Leave object outside the house if possible (call to inform recipient)



Avoid contact with surfaces (door, doorbell)



Avoid taking objects from the recipient



APPLY SANITARY GUIDELINES



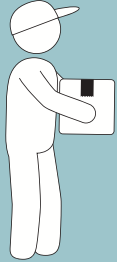
Disinfect affected surfaces of the vehicle before / after each delivery



Wash hands after touching surfaces

4 RECEIVING DELIVERY

IF YOU ARE RECEIVING DELIVERIES OF ESSENTIAL PRODUCTS, YOU MUST:



RECEIVE DELIVERY SECURELY



Ideally, wait until the person has left before opening the door to collect your delivery



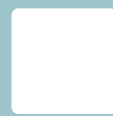
If this is not possible, keep a distance of 2 meters from the person



APPLY SANITARY GUIDELINES



Disinfect affected surfaces



Wash your hands before eating

Resources



COVID-19 Info Line 1 877 644-4545

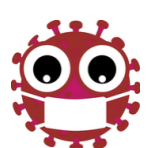
Community and Social Resources 2-1-1



Gouvernement of Québec quebec.ca/en/coronavirus

Santé Montréal santemontreal.qc.ca/en/coronavirus

Source



COVID-19 Aide communautaire Montréal

https://sites.google.com/view/covid19montreal/groups/process?authuser=0&fbclid=IwAR3ImARENp2d9Kl6TZrX9RlvWfY_ShE-Zi9p7o5MUeye-c1eGtmSY6wXMoE