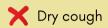
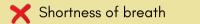
# **SECTION 1. GENERAL NOTES FOR EVERYONE**

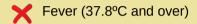
For everyone participating in the mutual aid process

#### IF YOU HAVE SYMPTOMES

A person with a cold or any cold or flu symptom should not prepare food or make deliveries. You should stay at home, isolate yourself and avoid physical contact with other people if you have the following symptoms:







### IF YOU DON'T HAVE SYMPTOMES

The incubation period of the virus can last up to 14 days. This means that a person can be contagious without having symptoms or having mild symptoms (eg. mild cough). You should stay at home if the following criteria apply to you:

- X You came back from a trip X You have been in contact with an infected person
- You are a senior person, have a weakened immune system or are pregnant

### **GENERAL SANITARY GUIDELINES**

clear your throat or sneeze after inhaling spices).

People with no symptoms, who haven't recently returned from a trip and who have not been in contact with an infected person are asked to take the following measures:

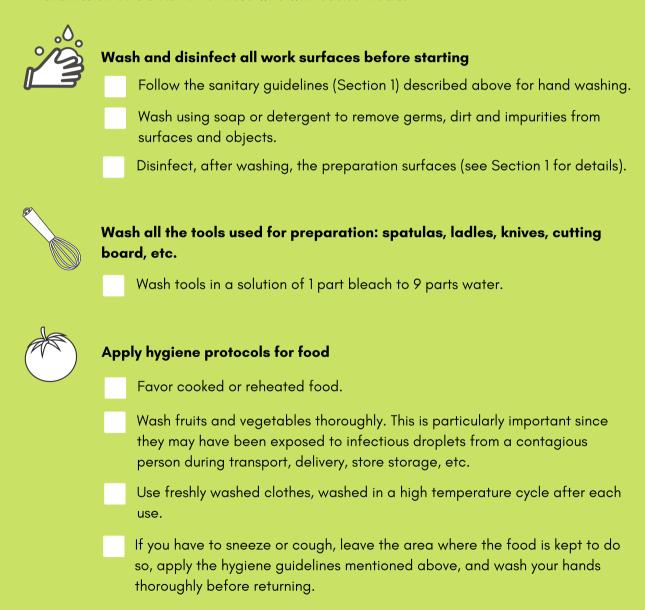
Limit support to a small number of people, but on a regular basis, and avoid visiting
several different people.
<b>Limit your offer of support to your local area</b> (on your block or street, in your neighbourhood) and avoid covering large distances.
Prioritize private modes of transport (car, bicycle or on foot) and avoid public
transportation.
Keep your distance from others (2 meters).
Wash your hands frequently (including between your fingers) with soap and warm water for
at least 20 seconds OR use a hand sanitizer that contains at least 60% alcohol.
Disinfect affected surfaces frequently with an approved virus-killing product OR a
product containing 70% alcohol OR a solution made from 1 part bleach to 9 parts water.
Avoid touching your face, especially your eyes, nose, and mouth.
Cover your coughs and sneezes with a tissue and immediately throw it in the trash.
Alternatively, sneeze / cough in the crease of the elbow and not in your hand.
* These guidelines apply for occasional coughing or sneezing (such as when you cough to

# **SECTION 2. FOOD PREPARATION**

For people looking to offer support to those in need of meals

#### IF YOU ARE PREPARING MEALS TO BE SHARED

As of now, there is no evidence that COVID-19 is transmitted through food. However, we must remain alert to the possibility that freshly prepared food or food containers transmit infectious droplets. It is essential that you follow strict sanitary guidelines to prevent the transmission of COVID-19 to those who will receive meals.



# **SECTION 3. DELIVERY**

For people looking to offer support to those in need by delivering essentials (eg: medication, groceries)

	Keep a distance of 2 meters with other people		
		During the pickup.	
		During the transport.	
		During the delivery.	
		If possible, visit pharmacies and grocery stores outside busy hours.	
		If there are two of you, your delivery partner should sit in the back of the car.	
	re safe delivery		
		Ensure food remains covered and sealed during transport.	
		Avoid contact with frequently touched surfaces.	
		Ideally, leave the food outside the accommodation without touching the front door or doorbell, leave and then call the recipient to let them know the delivery has arrived. If this is not possible, keep a distance of 2 meters from the person receiving the delivery.	
		Do not take objects from the person receiving the delivery, except money if necessary.	
٥٥٥	Арр	oly sanitary guidelines (see Section 1)	
		Wash your hands after touching public and common surfaces (door, elevator, doorbell, etc.).	
		Désinfecter toutes les surfaces fréquemment touchées avant et après les livraisons, incluant celles sur votre bicyclette ou votre voiture (poignées intérieure et extérieure, volant, etc.).	

# SECTION 3. RECEIVING DELIVERY

For people in need of essentials (eg. medication, groceries) but are unable to go out to get them



## Receive delivery securely

Ideally, wait until the person has left before opening the door and collect your delivery. If this is not possible, keep a distance of 2 meters from the person making the delivery.



### Apply sanitary guidelines (see Section 1)

	Wash	hands	before	eating
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Disinfect all objects that have been in contact with the person who made
the delivery (ea. door handles, containers, etc.).

### **SOURCES AND FURTHER RESOURCES**



### COVID-19 Aide communautaire Montréal

https://sites.google.com/view/covid19montreal/groups/process? authuser=0&fbclid=lwAR3ImARENP2d9Kl6TZrX9RlvWfY ShE-Zi9p7o5MUeye-c1eGtmSY6wXMoE

### **Gouvernment of Canada**

- Coronavirus disease (COVID-19): Prevention and risks: https://www.canada.ca/en/publichealth/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html
- Community-based measures to mitigate the spread of coronavirus disease (Covid-19) in Canada: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/health-professionals/public-health-measures-mitigate-covid-19.html
- Hand hygiene: https://www.canada.ca/en/public-health/services/healthy-living/hand-hygiene.html

#### World Health Organisation (WHO) - Q&A on coronaviruses (Covid-19):

https://www.who.int/news-room/q-a-detail/q-a-coronaviruses



