

# TIP SHEET: IS IT SAFE TO GET DELIVERIES DURING COVID-19?

With recent updates regarding the current novel Coronavirus (COVID-19) pandemic, the United States government is urging citizens to avoid going out in public when not necessary. This recommendation also includes things such as shopping trips for non-essential items or dining in restaurants or bars.

However, despite this government recommendation, most food establishments are open and able to utilize delivery and 'to-go' options for customers. Because of this, many individuals find themselves wondering if it is safe to get deliveries, especially food, to their homes or residences during COVID-19.

## HOW TO STAY SAFE WHEN ORDERING FOR DELIVERY

Currently there is no scientific evidence that COVID-19 has been transmitted by food. However, it is still recommended to take precautions when ordering things for delivery – especially food items.

### DETERMINE WHICH DELIVERY METHODS WORK FOR YOU

With various delivery options available today with such mobile apps and companies such as UberEats, Postmates, GrubHub and Instacart, you may find yourself with an abundance of options when deciding how you want to order your delivery. When utilizing a delivery service such as these, be sure to check with the service's website for information on their COVID-19 response, as some corporations are updating delivery options to include curb-side or front door drop offs to avoid person-to-person interactions.

Another option is to check with the establishment itself to see what delivery options they have directly through them. While many may use services, some also provide delivery on their own which may be a cheaper option for many individuals.

### IF UTILIZING TO-GO OR PICKUP OPTIONS

If you find that you are uncomfortable with using a delivery service or if one is unavailable to you, be sure to follow the following precautions when utilizing to-go or pickup delivery methods:

- Stay 6 feet or more away from others if possible; if not possible, avoid touching your face and wash your hands when able.
- Try avoiding high traffic hours that may increase your chances of being in close contact with individuals.
- When entering an establishment, try not to touch surfaces or door handles. If you do, make sure to avoid touching your face and use hand sanitizers or wash your hands immediately after.

### ONCE YOUR DELIVERY ENTERS YOUR RESIDENCE

Once your delivery is completed or you return home with your pickup options, there are still more steps you should take to avoid possible COVID-19 contamination:

- Throw away or disinfect items used in the delivery, such as bags, menus, receipts, utensils or other items.

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- Avoid eating out of the containers your food was delivered in. Instead, use plates, bowls or other utensils that have been washed.
- Clean and disinfect any surfaces that your delivery may have come in contact with such as countertops or tables.
- Wash your hands thoroughly before eating.
- Avoid sharing food or utensils when dining.

## NON-FOOD DELIVERIES

If you are expecting a delivery that is not food, be sure to follow many of the same steps, such as:

- Cleaning and disinfecting all surfaces your delivery may have come in contact with.
- Discard of any packaging used in delivery.
- Disinfect your delivery's contents with disinfecting wipes or other cleaning products – if able.
- Wash your hands once you have finished handling your delivery.

## DELIVERY SERVICES

If you are looking to utilize delivery options, you can find a list of both food and grocery delivery services below:

### FOOD DELIVERY SERVICES

- Uber Eats: <https://www.ubereats.com/en-US>
- EatStreet: <https://eatstreet.com>
- Bring Me That: <https://www.bringmethat.com>
- Waiter.com: <https://www.waiter.com>
- Postmates: <https://postmates.com/feed>

### GROCERY DELIVERY SERVICES

- Walmart: <https://grocery.walmart.com>
- AmazonFresh: <http://www.amazon.com/fresh>
- Instacart: <https://www.instacart.com>
- Shipt: <https://www.shipt.com>
- Fresh Direct: <https://www.freshdirect.com>

## IF YOU NEED TO GO TO THE STORE

If you need to go to the grocery store, which is described as an essential trip to make by the government, here are some tips you should take to keep yourself protected from possible exposure:

- Wipe down your shopping cart or basket before use with disinfecting wipes. Hand sanitizer can be used if no wipes are available.

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- Avoid touching your face when at the store until you are able to thoroughly wash your hands.
- If able, stay at least 6 feet away from other individuals at all times.
- If using self-checkout options, wipe down the payment display before use.
- Like food deliveries, disinfect or discard all items used during your trip such as shopping bags and food containers.