

PICA COVID-19 Delivery Precautions for volunteers.

1. The volunteer medical history is important. COVID-19 has been seen to affect people with comorbidities. For this reason it's important that even though PICA appreciates your intentions, we won't be able to use your specific help with this particular mission. People who have following conditions are barred from being volunteer for this purpose:
 - a. Emphysema/COPD/Severe seasonal Allergies
 - b. Asthma
 - c. Diabetes
 - d. Autoimmune disorders like Rheumatoid Arthritis.
 - e. Hypertension
 - f. Heart Disease or h/o Heart Attack, Stroke.
 - g. Smoking
 - h. Kidney disease/dialysis
 - i. Cancer
 - j. Or taking any immunosuppressive drugs like Humira, Methotrexate etc.
 - k. Age greater than 60yrs.

2. It's important that each volunteer has a face mask that properly covers their face and nose. Surgical masks or N95 preferred but cloth masks are acceptable as the last resort. It's important that you have the mask worn at all the times properly while outside your vehicle, if driving alone and in the vehicle as well if you have anybody else in your car. Please refrain from touching the mask on and off your face or constantly adjusting it. If you happen to touch the mask, please be sure that your hands/gloves are not dirty.
Please see links of videos below for further details.

3. Each individual should have gloves that are worn during delivery. Please don't remove and put gloves in pocket once worn. Removing and reusing gloves doesn't help with prevention and instead contaminates more. Do not touch your mask or face with gloves.

4. Please maintain social distancing guidelines published by CDC and Government and follow that all the time. For that matter we are trying contact less delivery and minimal interaction with individuals.

5. Volunteer should carry Purell or any brand liquid soap in the car with them. Anytime you take your gloves off or touch your mask, you should use liquid soap or Purell, before touching other surfaces.

6. Each individual should also have an eye wear or glasses or goggles for eye protection. Even construction eye shields are acceptable.

7. Wash your hands at the end of the event before touching any face area or masks and once you have removed any facial protections, please wash hands again. Hands should be washed with soap for 20 seconds. Proper hand washing involves washing your hands up to the elbows.

Safe Volunteering.

If you have any questions or clarifications, please feel free to contact me.

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.youtube.com/watch?v=gggTuhJek>

https://www.youtube.com/watch?v=zoxpvDVo_NI

<https://www.nationaljewish.org/patients-visitors/patient-info/important-updates/coronavirus-information-and-resources/health-tips/how-to-put-on-a-surgical-mask>