

RYE MUTUAL AID

Mutual Aid Group for Rye and surrounding area

GOING TO THE SHOPS & DELIVERING MEDICINE

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If driving, go out and disinfect your car touch points. Handles, steering wheel, indicators and seat belts, gear stick etc. Don't forget radio. Keep a plastic sheet in car for placing fresh shopping on and spray that!!

1. Assemble everything you need. Do it slowly and be mindful
2. Put on outdoor clothing.
3. Wash hands
4. If available don gloves and mask and goggles or mask substitute as per video
5. Enter shop. Be quick, try not to handle goods. Maintain 2m distance. Don't chat.
6. Pay for goods (if not prepaid). Collect goods and leave

Your hands are dirty at this point, avoid touching your face please!!!!

7. Arrive at resident's home. Ring bell. Step back.
8. Hand over items and remind them that the packages need wiping if plastic, airing for 24 hrs if paper.
9. Head home
10. Remove gloves outside the door as per technique in video.
11. Step inside your home. Remove mask and goggles at door and outdoor clothing and shoes. Air in sunshine if possible or rotate strictly every 24hrs.
12. Wash and air your gloves and goggles in gentle detergent, no hand gel. Washing up liquid is fine for this. Clean your keys.

General advice:

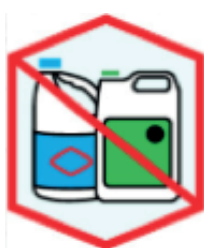
- Keep hair tied back
- Roll up sleeves
- Strict indoor and outdoor clothing and footwear policy
- Air clothing and footwear in sun and/or rotate items (48hrs is safe)
- Practise not touching your face, especially when out. This includes stroking beards and fiddling with specs!
- Cover eyes with goggles, mouth and nose if possible. If no mask, teatowl type material is quite effective as a make-do. *(I have been following medics in India and other developing countries as they need to improvise)*

Ideally, we would have enough gloves to use a new pair for each collection, but this might not be possible. Please see how to wash your gloves below:



STEP 1:

Wash your gloves with soap and water (Laundry detergent, dishwashing soap)



STEP 2:

Do not use bleach or solvent (hand gel) or oil.



STEP 3:

Air dry your gloves



STEP 4:

Do not expose to heat or direct sunlight

GOING TO THE SHOPS & DELIVERING MEDICINE continued

Enclosed areas

Enclosed areas such as shops and common spaces in blocks of flats are of high risk due to non-circulating air and COVID-19 droplets hanging for up to 3 hours. If you have to deliver to a flat, we recommend that you:

Ask the resident, or other resident in the flat / block of flat to pick at the entrance so you stay outside, If you have to go in, wear a mask (or alternatively for now wrap 3 layers of scarf around your mouth) and wear wrap-around glasses. **All to be washed before reusing**

Come up with alternative solutions, e.g. rope and basket!

Pharmacies and prescriptions

Day Lewis is coping with home deliveries at present, so refer residents back to Day Lewis.

Boots would welcome help with deliveries and will respond to volunteers waving or knocking and showing their pass.

We advise that requests for prescriptions are collated in each area on a daily basis (or longer) and that one or two volunteers are dedicated to collecting and distributing prescriptions, only visiting Boots once a day and waving or knocking to show pass, so as not to enter the shop.

No uncovered food. We have been advised to not purchase uncovered food e.g. cakes and bread.

Bagging

While we have been encouraged to opt for using hemp/fabric reusable bags and rucsacs etc when doing our shopping.

But now is not the time. **Please use plastic bags.** Plastic is wipeable and more importantly during this pandemic, it is disposable.