

Anderson Valley Village - Shopping Guidelines during Pandemic. 20.03.21c

This guide assumes that AVV volunteers who are shopping for older adults are at less risk, but each volunteer is responsible for making his or her own assessment of this. Smokers or asthmatics, for example, should probably not volunteer. The value of masks and gloves while shopping is debatable. They are difficult to use properly which means they probably create a false sense of security. They are useful if the 6-foot distancing advice needs to be compromised. Disinfecting hands and items is very important. The virus can survive on hard smooth surfaces like metal and plastic for 7-9 days. Virus survival on other surfaces is less clear, but is currently believed to be at least 72 hours.

Shopper:

1. Avoid contact with vulnerable community members:
 - a. Discuss shopping details with recipient in advance by phone, email or text.
 - b. For the sake of protecting the recipient, assume that you are a carrier of the virus.
 - c. Leave purchases in a designated place outside the home (like front porch) if possible.
 - d. If you have used recipient's credit card, make sure they know to wash it. (see below)
 - e. If you must come within 6 feet of recipient, wear a surgical mask.
 - f. If you must enter recipient's home or even use doorknob, wear gloves.
2. For the sake of protecting yourself and your family, assume that you will be contaminated.
 - a. Practice social distancing. Shop when crowds are least likely. Don't touch your face.
 - b. Take disinfectant wipes or small bottle of disinfectant in jacket pocket or shopping bag.
3. Transport items in bags or boxes that can be easily recycled or disposed of. Paper is best.
4. Use disinfectant on hands:
 - a. After shopping and before touching your vehicle to unlock it to load items.
 - b. After loading vehicle and before touching door latch and steering wheel.
 - c. After delivering items and returning to vehicle to touch door latch and steering wheel.
5. Assume that your shoes, clothing, and shopping bags are contaminated. Wash and disinfect them. Consider designating a set of clothing (or specific items like shoes and jacket) for shopping and isolate them until needed for shopping again.

Recipient:

1. Avoid contact with shopper. Assume they are infectious even if it seems unlikely.
2. Plan with shopper by phone, text, or email: date / time, payment, store choice and delivery.
 - a. Pay for items by phone in advance if possible. (for example, prescription medications)
 - b. If shopper prefers cash, plan ahead to pay upon delivery. Round up. Avoid making change.
 - c. If shopper uses your credit card, wash it with soap and water on return.
 - d. Consider payment by bank transfer (Zelle or Venmo) or PayPal to avoid physical contact.
 - e. Consider a running tab with the shopper to reduce frequency of payments.
 - f. Identify where the shopper can leave items with minimal interaction (like front porch).
 - g. Provide shopper with legible list of items and quantity. Specify brand only if essential.
3. Consider using stores that allow ordering and paying in advance, by phone or internet.
4. Do not order any prepared foods that you will not cook (like from a salad bar).
5. After delivery, decontaminate all items before putting them away.
 - a. Thoroughly wash all produce with soap and water. Some advise soaking for 10 minutes.
 - b. Wipe down other items (cans, bottles, boxes etc.) with disinfectant or soapy water.
 - c. For items that are unusually difficult to decontaminate (including paper items like mail), wash hands after handling. Consider them contaminated for at least 72 hours.
 - d. Dispose of shopping bags carefully. If recycling, remember that they are contaminated.
6. Decontaminate surfaces where shopping bags or items were sitting while being decontaminated.
7. After all of the above, wash your hands with soap and hot water for at least 20 seconds.