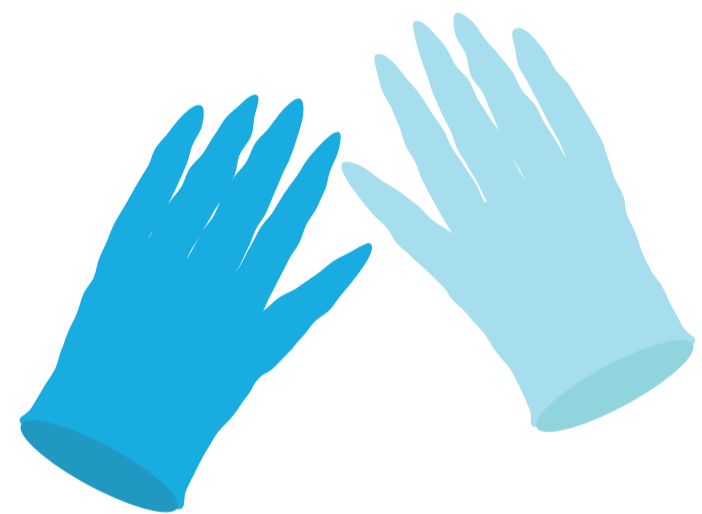


COVID-19 PANDEMIC

HYGIENE PROTOCOL FOR COURIERS

Couriers delivering food parcels must adhere to the following guidelines **at all times**:

- **Keep 2m apart** from your cycle courier teammate and other people at all times
- **Wear face masks**, making sure there are no gaps between your face and the mask, and change after each full drop (every 2 hours approx.)
- **To remove the mask:** remove it from behind (do not touch the front of mask), discard immediately in the closed bin provided, and wash & dry your hands
- **Wash & dry your hands** thoroughly before your shift, use hand sanitiser between full drops, and carry sanitiser to use regularly.
- **Avoid touching** your eyes, nose and mouth
- **Wear hygiene gloves** and change after each full drop
- **Wear freshly cleaned clothing for each shift** and remove as soon as you get home
- Couriers must drop the food parcel by the delivery address front door, ring the bell and stand **2m** away
- **Handlebars and delivery bags** to be sprayed between each full drop with disinfectant
- Meals must be delivered within **2 hours** of leaving depot to be refrigerated or heated to eat
- **As soon as you get home**, remove your disposable equipment, wash and dry your hands thoroughly, then shower and wash your hair (before sitting down)
- **To remove the mask:** remove it from behind (do not touch the front of mask) and discard immediately in a closed bin
- **Do not come to work** if you have any of these symptoms: cough, sneeze, fever, difficulty breathing
- Thank you for helping to make our food delivery service as safe as possible



**SPEND AT LEAST 20 SECONDS WHEN
WASHING HANDS WITH SOAP AND WATER**

madeinhackney.org/

H
HODDER &
STOUGHTON