How Can I Protect Myself and Others?

Stay Home When Sick
Contact your medical provider for symptom management and testing guidance. Work with your medical provider and your company to determine when you can return to work.

Wear A Mask
- Wear a well-fitting face mask or cloth face covering in public settings where other social distancing measures are difficult to maintain, especially in areas where a lot of people are infected.
- Cloth face coverings are not surgical masks or respirators and are not substitutes in workplaces where medical masks or respirators are required. If using a cloth face covering, wash it daily (at a minimum).

Limit Contact
- Practice contactless deliveries to the greatest extent possible, otherwise maintain a distance of six feet as able.
- Avoid sharing scanners, pens, and other tools.
- Use foot, shoulder, elbow, hip, or forearm instead of hands when opening doors at pick-up and delivery sites, if possible.

Hand Hygiene
- Use alcohol-based hand sanitizer that contains at least 60% alcohol or wash with soap and water often. Hand sanitizer should be kept in vehicle.
- Clean hands before and after work breaks or shifts, and after making a delivery.
- Clean hands after putting on, touching, or removing well-fitting face mask.
- Clean hands after making contact with frequently touched surfaces such as doorbells or door handles.
- Avoid touching your eyes, nose, and mouth with unclean hands.
- Cover your coughs and sneezes with your elbow rather than your hands.
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Clean and Disinfect

- Follow your company’s cleaning and disinfecting procedures.
- Wipe down items such as pens and electronic signature pads/mobile devices if shared with a delivery recipient after each use.
- **Clean and disinfect** commonly touched surfaces in vehicle at beginning and end of shift. Frequently touched surfaces include the steering wheel, gearshift, signaling levers, door handles, and seatbelt buckles.
- Follow the directions on the cleaning product’s label for wet/contact time. If surfaces are visibly dirty, they should be cleaned with detergent or soap and water prior to disinfection.

COVID-19 Vaccine

You should get a [COVID-19 vaccine](#).

Additional Resources

- [Wisconsin DHS Guidance on PPE](#)
- [CDC Guidance on PPE Optimization](#)
- [CDC Guidance for Mail & Parcel Delivery Drivers](#)
- [CDC Guidance for Food and Grocery Pickup and Delivery Drivers](#)
- [Meals on Wheels: FAQ for Volunteers During Coronavirus Pandemic](#)
- [USPS: Coronavirus Update for Residential Customers](#)
- [CDC: COVID-19 Vaccine](#)
- [Wisconsin DHS: Find a Vaccine Appointment](#)