

Delivery drivers: Minimising the risk of exposure to COVID-19

There are steps you can take to minimise your risk of exposure to the COVID-19 virus.

Managing the risks of exposure to the COVID-19 virus

Cleaning

- > Regularly clean and disinfect your vehicle including steering wheel, door handles, buttons and keys.
- > Clean and disinfect your phone or electronic device used to help deliver food or parcels. Disinfect these often by using a lint-free cloth and 70% isopropyl alcohol if you can, or disinfectant wipes.

Hygiene

- > Avoid touching your mouth, eyes, and nose with unwashed (or gloved) hands.
- > Clean your hands thoroughly for at least 20 seconds using soap and water, or alcohol-based hand sanitiser.
- > Washing body, hair (including facial hair) and clothes thoroughly every day.
- > Wash your hands after coming into contact with money.
- > Cover your nose and mouth when coughing and sneezing with a tissue or a flexed elbow. Put tissues in the bin.

Physical distancing

- > Maintain a 1.5 metre distance to others (two arms length).
- > Avoid close contact with anyone with cold or flu-like symptoms.
- > Stay home if you are sick.
- > Seek medical advice if you have a fever, cough, sore throat or shortness of breath (call your doctor or [healthdirect](https://www.healthdirect.gov.au) on [1800 022 222](https://www.healthdirect.gov.au)).

If physical distancing measures introduce new health and safety risks (e.g. because they impact communication), you need to manage those risks too.

How do I physically distance myself when delivering food or parcels to people?

- > Maintain at least 1.5 metres from other people.
- > Wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser before and after handling food deliveries or parcels. If using gloves, make sure you use an alcohol-based hand sanitiser before touching the gloves and once more after taking them off.
- > Leave the food or parcel at the door then text or use the relevant app to let the recipient know it is there.
- > If an electronic signature is required, talk to your employer or the business you are working for about implementing no contact deliveries. Otherwise practice [good hand hygiene](#) and use an alcohol-based hand sanitiser before and after the delivery and wipe down all equipment, for example, with disinfectant wipes, including the pen and the electronic device used to obtain the signature.

Do I need to wear a mask?

It is not necessary to wear a mask if you are not experiencing flu like symptoms. The Australian Government Department of Health currently advises that a surgical mask will not prevent a person from being exposed to the COVID-19 virus.

Implementing the above steps of good hygiene, physical distancing and regular cleaning is an effective way to minimise exposure to the COVID-19 virus.

Further information and resources

If you are feeling stressed and anxious about COVID-19

It is normal to feel stressed during this time. Talk to your employer about your concerns as they may have an employee assistance program that can help you during this time.

You can also contact the following services:

- > **Lifeline Australia** - 13 11 14 - www.lifeline.org.au
- > **Beyond Blue** - 1300 224 636 - www.beyondblue.org.au
- > **Headspace** - 1800 650 893 - headspace.org.au