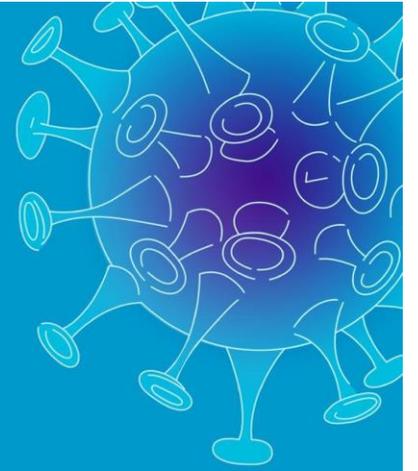




COVID- 19 Training

December 7, 2020

Be **INFORMED**
Be **PREPARED**
Be **SMART**
Be **SAFE**



Be **READY** to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19



In the Month of January we were making an average of 251 grocery deliveries each week.

In the last several months, our average was over 300 deliveries a month. That is a 20-30% increase in deliveries

The week before Thanksgiving we set a record of 348 deliveries.



<https://storeto-door.org/store-to-door-is-proactively-preventing-the-spread-of-the-novel-coronavirus-covid-19/>

Store to Door is Proactively Preventing the Spread of Coronavirus (COVID-19) [Click Here](#)



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f t i in



Established in 1989, Store to Door supports independent living for seniors and adults with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service in Portland, Oregon.

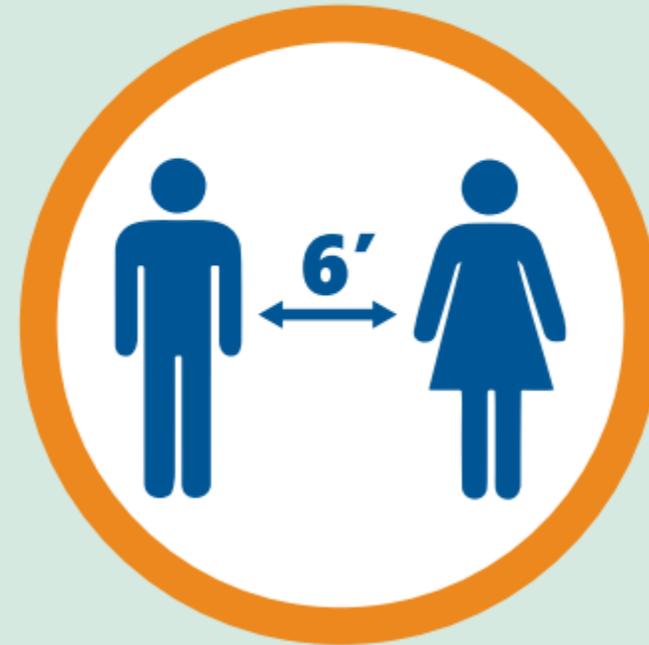
PHYSICAL DISTANCING REQUIREMENTS

We have implemented 6 foot spacing requirements in the office by reducing the number of workstations, staggering work schedules & using remote working.

In Fred Meyer stores, staff and volunteers are instructed to maintain 6 foot distance. It is imperative that each staff member and volunteer take personal responsibility to maintain that distance.

When delivering groceries to a client we are doing porch deliveries and a 6 foot distance must be maintained between the driver and client at all times.

Stay 6 feet away from others.



Mask, face-covering, or face shield requirements

We require all individuals (including employees and volunteers) to wear a mask in our office, in our stores and when making client deliveries. Mask requirements include moving around the office for even simple tasks like using the restroom or using the printer. Masks must be worn at all times in the stores.

If you are a volunteer with a medical exemption from wearing a mask, for the health and safety of Fred Meyer employees, customers, our staff members, and our other volunteers, we cannot allow volunteers in the stores or as a driver without a mask, even if the volunteer has a medical exemption.

**Masks
are required
at ALL times**



Mask, face-covering, or face shield requirements

Masks both protect you and others from the transmission of the Coronavirus and together we can continue to support the seniors we serve.

<p>DO choose masks that</p> <ul style="list-style-type: none"> Have two or more layers of washable, breathable fabric Completely cover your nose and mouth Fit snugly against the sides of your face and don't have gaps	<p>DO NOT choose masks that</p> <ul style="list-style-type: none"> Are made of fabric that makes it hard to breathe, for example, vinyl Have exhalation valves or vents, which allow virus particles to escape Are intended for healthcare workers, including N95 respirators or surgical masks
<p>Gaiters & Face Shields</p> <ul style="list-style-type: none"> Wear a gaiter with two layers, or fold it to make two layers Caution: Evaluation is ongoing but effectiveness is unknown at this time	<p>Special Situations: Children</p> <ul style="list-style-type: none"> If you are able, find a mask that is made for children If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin Do NOT put on children younger than 2 years old
<p>Special Situations: Glasses</p> <ul style="list-style-type: none"> If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging	

Sanitation Requirements

We continue our ongoing practices of **cleaning and sanitation**. Hand sanitizers are available both in the office and the two stores. We encourage all staff and volunteers to use sanitizer frequently. In the office, we follow the cleaning protocol at least once a day.

Cleaning is a nonnegotiable for those of us in the office. We have assigned a list of responsibilities, and we are **on a daily sanitizing schedule** wiping everything down and cleaning the bathroom. We have revised cleaning practices to ensure that we comply with State requirement for daily cleaning.

In the stores, we follow sanitizing practices by frequently wiping down equipment. Our practices are reinforced by Store Policies in addition to our efforts



Signs and Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list are from the current CDC Guidance



Notification Process

We have established a **COVID-19 infection and notification** process for staff, volunteers and staff members. If a volunteer or staff member reveals that they have tested positive for COVID, they are required to quarantine until their healthcare provider gives medical clearance. Oregon rules require to tell employees, and volunteers of the positive test if staff members or volunteers **“were within 6 feet of a confirmed COVID-19 individual for a cumulative total of 15 minutes or more.”** If a client reports testing positive, we also have process to notify the drivers of a potential exposure.



Primary Transmission of the Coronavirus

COVID-19 most commonly spreads during close contact

- People who are physically close to a person with COVID-19
- When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce **respiratory droplets**
- Some infections can be spread by exposure to virus in small droplets and particles that can linger in the air for minutes to hours. This kind of spread is referred to as **airborne transmission**
- COVID-19 spreads less commonly through contact with contaminated surfaces



Questions & Thank You

Our practices have allowed us to increase the number of seniors and those with disabilities served, without interruption since the COVID Pandemic began last March. With the increase in the number of COVID cases, our Senior Management Team is doing all we can to be transparent and protect the health and safety of our clients, volunteers, and staff.

