

Covid Care Mutual-Aid Health Guide for Luna6

Contents:

0. General rules for mutual-aid participants
 1. Preparing, Handling, and Serving Food
 2. Resource drop off
 3. Food and resource delivery

~ Wear masks and gloves at all times and always respect 2meter distance ~

0. General

1. Participants should take their temperature, at home, before coming to Luna6 . If you have an elevated temperature or any symptoms, do not volunteer onsite or with deliveries.
 - Participants with any known contact with people who are symptomatic should stay home.
 - Participants that are/or live with immune-compromised should not get involved with physical activities.
 - Participants that have symptoms or test positive should self-isolate tell given doctors approval.
2. upon entering the space leave the door open and open the windows.
3. No more than two people inside the space at once for mutual-aid. Preferably one person in kitchen and one person in main room.

1. PREPARING, HANDLING, AND SERVING FOOD

While, "The risk of getting the virus from your food is considered low," all known measures will be taken to destroy the virus possible transmission through food and between individuals involved in its creation and consumption.

1. Disinfect all surfaces in kitchen and anything touched by food or hands during cooking process with bleach based disinfectant or "household disinfectants." If surfaces are noticeably dirty first *clean* them and then *disinfect*. **Clean hands immediately** before putting on gloves, and put on fresh gloves immediately before interacting with food or food bags. Keep mask on **at all times** while interacting with food.
 - *Cleaning* refers to the removal of dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs. But by removing the germs, it decreases their number and therefore any risk of spreading infection.
 - *Disinfecting* works by using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs. But killing germs remaining on a surface after cleaning further reduces any risk of spreading infection.
2. Wash produce, containers, pans and any other cooking utensil with soap and water. For other types of produce, including leafy greens, soak in soapy water for 10 to 15 minutes, then rinse thoroughly. Because COVID-19 is from a family of viruses deactivated by contact with soap and hot water, washing your fruit and vegetables with soap and water should eliminate any live virus.
 - Treat your food preparation as you always have, and should: wash your hands well

before preparing food and after handling raw foods such as meats, poultry, and fish. Wash your hands well after blowing your nose, sneezing, or coughing, and after going to the bathroom.

3. When food is ready place into sanitized packaging and place outside the space on the table. Sanitize the table before placing. Make sure a bottle of hand sanitizer is available on the table. **NEVER hand food directly to another person.**

2. Preparing, Handling, coordinating clothing resource drop off

1. Individuals facilitating clothing and resource drop off should follow all general sanitation guidelines listed above.
2. Stay inside the space with the main window partially opened to handle any communication that may be necessary. **DO NOT GO OUTSIDE.**
3. Open front door and put out a sign that people can drop their stuff in the entry. Keep the second door that goes into space closed.
4. When you pick up items (they should be in sealed bags) bring them to the back office space.
5. When organizing clothing items avoid shaking them (this will release virus into air).
6. If someone has checked out a book (by sending email to Luna6 account with information) or is picking up other resources put it on the window. **NEVER give resources hand to hand.**
7. The virus will be killed after normal washing cycle. See food section for other cleaning facts about destroying virus.

While it is glued to a porous surface, it is very inert and disintegrates only

- between 3 hours (fabric and porous),
- 4 hours (copper and wood)
- 24 hours (cardboard),
- 42 hours (metal) and
- 72 hours (plastic).

3. Food and resource delivery

What to consider when arranging assistance

When arranging assistance make sure to:

- Go with the person in home isolation through guidelines on home isolation, assistance to at risk groups and similar official guidance, [e.g. Irish Health Care guideline](#) to establish what they need to do to organise their daily life during a prolonged home isolation and what they need to organise it in that way?
- What provisions do they need? Can you order that online and have it delivered, or is it better that you deliver the provisions yourself?
- Do they have the medicines they need? Do they need a prescription? Can you pick up their medication from the pharmacy? Do they have masks, soap and disinfectants? Do they have a thermometer and fever and cough medicine?
- Can they prepare a meal or do they need help? Can you make them a meal? Or instead arrange to have food delivered to them from a soup or solidarity kitchen?

- Do they need to have their rubbish put out or mail collected?
- Do they have a house pet? Does it need to be walked?
- Do they have money? Do they have cash? Can they pay online? Do they have a trusted person who can withdraw cash for them? Do they need financial assistance?
- To minimise your movement, try to plan and do errands for several days at once.

What to consider when delivering items

When delivering things, consider also the following:

- Avoid close contact (2 meters in closed space and 1 meter in open air, and keep the interaction short) to prevent the transmission of the virus by air.
- It is best to drop things in front of their door for them to collect once you have moved away to the advised distance.
- They can also do the same with rubbish or anything they have to give to you.
- If you can't avoid direct social contact, the person in isolation should wear a mask. First leave them a mask if they don't have one.
- Carefully handle the items in order to avoid transmission of the virus via surfaces. Use disposable gloves to handle items you will deliver and things you are taking over.

****All material were taken from resources provided by medially trusted Mutual Aid guidelines and medical reports being circulated amongst comradely groups.**

"Safety Practices for Mutual Aid: Food and supply distribution during the Corona Virus Pandemic"
https://mutualaidisasterrelief.org/wp-content/uploads/2020/03/COVID-SupplyDistro-MA_SafetyPracticesZine-WEB.pdf

Also John Hopkins Hospital FAQ

[How to destroy Covid FAQ](#)

And guide lines prepared by social center in NYC (with guidance of trained medical staff) for doing food distribution

Pirate Care "How to Assist People in Home Isolation

<https://syllabus.pirate.care/session/assistingpeopleinisolatio/>