



MEALS ON WHEELS

My organization offers a meals on wheels service.

Should we continue offering the service to our users?

There is currently no evidence to suggest that food is a likely source or route of transmission of the virus. Scientists and food safety authorities across the world are closely monitoring the spread of COVID-19.

We will let you know if this changes, and inform you of appropriate actions to take to ensure the safety of the food distributed.

When possible, meals on wheels services **should be maintained** to assist in the daily lives of vulnerable or isolated individuals, such as people aged 70 and over. However, preventive measures must always be applied.

For all workers

Staff and volunteers must

- be free of cold or flu symptoms,
- not have returned from travel within the past 14 days,
- adopt respiratory hygiene measures (cough in the elbow or in a tissue that is thrown out right away, and then wash their hands),
- wash their hands often with soap and water for at least 20 seconds.

Any staff member or volunteer who has symptoms must not participate in the meals on wheels service, and must call the Government of Québec's information line at **514-644-4545** (toll free).

COVID-19



When preparing food

All usual hygiene measures apply.

Make sure to do the following:

- Wash hands before and after handling food.
- Clean frequently all surfaces or objects that are in contact with food.
- Follow usual MAPAQ regulations.
- Sources of contamination for the public: it is important to be extra careful to protect food items and utensils, towels and disposable straws from contamination.
- Choose foods that have been cooked or that need to be reheated.

Delivery

All usual hygiene measures apply.

Apply these additional recommendations:

- A distance of 2 meters should always be kept between the driver and the person receiving the meal.
- If possible, leave the meal by the door and don't enter into the person's home.
- If the delivery person must enter the home, the person receiving the meal should clean all surfaces that have been in contact with the delivery person (counters, door knobs, etc.).
- Notify the person receiving the meal to be careful: they need to wash items that have been in contact with the delivery person (door knobs, containers, etc.) and wash their hands before and after eating the meal.

Masks

- Masks are not an effective protective measure for the general population.
- Their use is recommended for people who are sick and individuals providing care (less than 2 metres apart).
- [Listen to Québec's Director of Public Health Dr. Arruda's](#) message about wearing masks.

18-03-2020. These recommendations are consistent with the guidelines issued by the Public Health Agency of Canada and Ministère de la Santé et des Services sociaux du Québec.