

Your safety is our priority

How to proceed at parcel distribution and picking up

A manual for the drivers and depot operators

How does the coronavirus spread?

The coronavirus is transmitted from a human to a human after a longer close contact (closer than 2 metres), specifically through droplet infection which is transmitted in air. It means that it is distributed by coughing, sneezing or by contact most frequently.

“The virus is not able to survive longer than several hours out of the human organism. It is then unnecessary to fear of its reception inside of any parcel.”

Ministry of Health of the Czech Republic

Protect both yourself and the persons in your vicinity by observing the principles as follows:

- Wash your hands very frequently - not only after using a toilet, but also after contact with other persons, after delivery of packages or handling cash
- Reduce your stay in the warehouse/e-shop office to a necessary minimum
- Reduce contacting your mouth, eyes, nose and face generally to a minimum
- Always have an antibacterial gel or Alpa in your car and disinfect your hands with them after manipulation with parcels.
- Disinfect regularly also steering wheel, gear lever and your mobile
- Reduce contacting the objects which are touched by many people (such as grab bars in public transport means, doorhandles) with bare hands
- Wash the foodstuffs intended for direct consumption very carefully (there is no risk of infection resulting from boiled foodstuffs)
- Pay only with a bank card if possible; do not touch cash money
- Strengthen your immunity – increase C vitamin intake and keep varied diet

Well protected drivers observe the rules as follows



They do not touch their face



They wash their hands frequently



They disinfect their hands or wear gloves



They disinfect the interior of their vehicle



They limit their stay at the places with presence of many people to a minimum

Will a scarf, mask or respirator be helpful?

If you have an opportunity to obtain a protection of your mouth, do not be ashamed to wear it when performing working tasks.

- Respirator of the FFP3 filtration class: it protects the person wearing it against infection.
- A mask prevents an infection spreading in surroundings; it protects the person wearing it against infection partially.
- An antiviral scarf or a mask with filtration cartridge consisting of nano-fibres: it protects the person wearing it against infection partially.
- Even a home-made mask fabricated from a cotton T-shirt protects surroundings against expectorated particles very effectively. It is used above all to protect the other persons against your potential infection.

We recommend also wearing gloves; do not touch your mouth, eyes, nose or face generally with them.

How to behave in the warehouse?

- Ensure ventilation; the virus spreads more quickly in closed areas.
- Stop air conditioning system if possible; the virus spreads more quickly within an air conditioned area.
- Disinfect your mobile, keyboard and mouse of your PC and warehouse equipment regularly (wipe them with a disposable paper towel soaked in a disinfection agent).

Coronavirus symptoms

They are identical with those of flu. Fever (38 °C), difficult breathing, cough, headache or lack of appetite are typical symptoms. Pneumonia may develop in the case of some patients. If you feel the symptoms listed above, stay at home, restrict contact with other persons and contact your manager and nursing physician.