

# YOUR POSTAL WORKERS' SAFETY IS **EVERYBODY'S** SAFETY!

Our public postal service is as vital as ever, delivering essential goods and keeping the economy moving. It helps enable quarantine and self-isolation. Together we will **#flattenthecurve**. You can help:

*How do I protect my postal worker?*

The spread of the virus is primarily person-to-person.

- o Clean and disinfect your mailbox daily.
- o Clean and disinfect your railings and doorknob too.
- o Maintain physical distancing – don't approach postal workers on delivery.
- o Maintain distancing in post offices, and respect the posted guidelines.
- o Don't go to the post office if you're not feeling well.

*Is the mail itself safe?*

The virus can survive for some length of time on surfaces. The length of time is uncertain because it depends on the nature of the surface, and environmental factors like heat, cold, and sunshine.

Just like with grocery delivery, you should clean and disinfect anything that comes into your home, and set it aside if you can for a few hours before handling it. After handling anything that's come from outside your house, wash your hands thoroughly before touching your eyes, nose, or mouth.

***Safe, healthy postal workers means safe mail, and saving lives.***

Also, kids of all ages can use our colouring page at [cupw.ca/colouring](https://cupw.ca/colouring) to show your creativity and solidarity with the postal workers!



TREAT US *Kindly*

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